

Where?

Where we see your child depends on your child's needs. This will normally be the Child Development Centre but can also be the acute wards at Bedford Hospital, special and mainstream schools, nurseries and play groups and your home.

Referrals

Initial referrals

These are made by a health professional (eg GP, Health Visitor, Hospital Consultant) or a member of the Early Years Support Team from education.

Self referrals

Following discharge from the Physiotherapy Service we are happy to accept a self referral as long as it is within a year of the original discharge date and it is for the same condition.

To self refer please ring the CDC and speak to your original Physiotherapist or to the Professional Lead Physiotherapist at the CDC.

Physiotherapists will also refer your child onto other services e.g. Occupational Therapy, Podiatry, Early Years Education Teams if appropriate.

How to find us:

The CDC is at the top of Hill Rise, on the same site as The Kempston Challenger Academy Trust and Ridgeway Schools. Hill Rise is a turning off Ridge Road between Kempston and Wootton.

Limited parking spaces are available in front of the CDC.

Satellite Navigation **MK42 7EB**

Patient Advice and Liaison Service (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to the Patient Advice and Liaison Service (PALS)

By telephone: 01234 355 122 ext. 4624

By email: pals@bedfordhospital.nhs.uk

By post: PALS, Bedford Hospital NHS Trust, South Wing,
Kempston Road, Bedford, MK42 9DJ

The Paediatric Physiotherapy Service



An information leaflet for children, young people and their families wishing to access children's physiotherapy services in North and mid Bedfordshire

Date of publication April 2017

Date of Last Review: May 2019

Date for next review: May 2021

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Who are we?

We are a team of Chartered Physiotherapists with specialist skills for assessing and treating children and teenagers. We have specialist knowledge and experience of how children develop and acquire physical skills. We work in partnership with families and other professionals from health, education and social care.

What conditions can physiotherapy help?

Most children we see have problems in three main areas:

Developmental and neurological problems

For example: Motor Developmental Delay, Cerebral Palsy or similar conditions affecting the way the child moves and develops. We aim to help the child achieve their full physical potential and minimise any secondary problems.

Muscle and/ or joint problems

We aim to alleviate immediate problems and assist with the achievement of maximum movement and strength in the long term.

Respiratory (lung) conditions

We treat acute lung problems and assess, review and give advice for children with long term respiratory conditions e.g. Cystic Fibrosis



What will seeing a physiotherapist involve?

Your child's first appointment will be an assessment. This will take anything from 20 minutes to an hour, depending on the needs of your child. This usually takes place at the Child Development Centre (CDC). Sometimes assessments are held jointly with other professionals e.g. Occupational Therapy.

In this assessment, we will look at what your child can do and how they do it. We will work with you to find the best way to help your child. Once your child's needs have been established, a treatment plan will be devised by the physiotherapist in conjunction with you and other professionals who may be involved with your child's care. As their parent or carer, you are a vital part of the team aiming to help your child. Please do assist your child in carrying out their plan.

A written report may be produced following the assessment and this will be shared with you.

What may treatment include?

- An exercise and activity programme. This is tailored to the needs of your child and reviewed and updated as necessary. All exercises and activities we ask you to do with your child will be demonstrated and explained to you. You will be asked to encourage your child to do exercises or activities on a regular basis and integrate them into your child's daily home life.
- Use of "hands on" treatment techniques including taping and strapping.
- Sometimes we may provide specialist pieces of equipment.
- Your child may be offered some group sessions.
- There maybe no need for physiotherapy and your child will be discharged with the appropriate information and advice.



How much?

Some children will only need one appointment, some may need physiotherapy for a few months and others with complex needs, may find physiotherapy helpful throughout their lives. Regular treatment sessions may be advised initially and then your child may be offered reviews to support and enhance their progress.

Children's needs change with growth and development. It may be beneficial to see your child very frequently at some stages and less frequently at others. By keeping in touch with your child's physiotherapist, you will always be able to discuss changes in the treatment programme with them.

Treatment in partnership with other regulated or non regulated providers

In some cases, where there are complex needs, families access other treatment for their child privately. As NHS physiotherapists, we are happy to work with other practitioners to ensure a coordinated and child centred approach. It would be very helpful if you could inform us if your child is accessing other therapies in order for us to support you and your child in the best way.

If there is clear evidence to suggest that two concurrent clinical interventions would be detrimental to the child, then we would ask the family to choose, without prejudice, which service they wish to attend first.