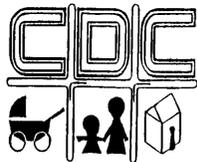


The physiotherapist is always happy to answer any queries you have. They can be contacted via the CDC 01234 310278 or via email. Please ask your child's physiotherapist for their e mail address. We also have a generic address [Bhn-tr.cdcpaediaticphysios@nhs.net](mailto:Bhn-tr.cdcpaediaticphysios@nhs.net). In this case your email will be forwarded to your physiotherapist. We aim to answer queries within 3 working days unless your physiotherapist is on leave but please note, some physiotherapists only work part time and therefore they will answer within 3 of their working days.

If you have any questions or concerns  
please contact:

The Child Development Centre  
Physiotherapy Department  
Hill Rise, Kempston, Beds  
MK42 7EB  
01234 310278



## Additional Family Information Paediatric Physiotherapy



This sheet gives further information for families with children with **complex developmental needs** accessing physiotherapy. It should be read in conjunction with 'The Paediatric Physiotherapy Service' leaflet.

Date of publication: March 2019  
Date for review: March 2021  
© Bedford Hospital NHS Trust

This leaflet gives further information for families with children with complex developmental needs accessing physiotherapy. It should be read in conjunction with 'The Paediatric Physiotherapy Service' leaflet.

Children's physiotherapists aim to teach you how best to help your child to reach their full physical potential. We will show you how to handle your child, how to encourage appropriate exercises, show you techniques you can use to help your child to move more normally and how you can help your child gain motor skills. We will advise you on how you can use equipment to give your child success.

*We aim to encourage and support you to give your child 'daily physiotherapy' at home. It is what you can do with your child at home guided by the physiotherapist.*

### **We have an understanding of:**

- Child development, childhood diseases and conditions that may impact on physical development and wellbeing
- Therapeutic interventions that enable and optimise development and wellbeing
- The need to place the child at the centre of planning
- The impact that having a sick or disabled child can have on a family

Therapeutic input consists of many approaches:

#### **Observation sessions**

Sometimes we observe your child in a specially set up room which will allow us to assess your child's abilities and movement patterns. As some younger children can be wary of strangers we may not handle your child straight away. We can gain a lot of information through observation after which we can give you advice on how you can promote motor skills and help to normalise movement patterns. You will need to encourage and facilitate your child to practice at home, outside or whilst attending other community activities e.g. at playgroup, swimming etc.

Children need to practice gross motor skills throughout their day to become good at those skills. After the child has practiced for a period, a review is set up. New goals and exercises may then be discussed with you and your child.

#### **'Hands-on' treatment sessions**

Sometimes children are offered a block of weekly 'hands on therapy' over a period of 4 to 6 weeks. This helps the physiotherapist to assess your child over a longer period, to try various techniques and to ascertain how fast they are

gaining new skills. Very importantly, it is also an opportunity for you to learn how best to help your child to gain motor skills. During this period, you and your child need to practice the techniques and exercises taught. They should be done as often as possible and should be integrated into your child's day.

The physiotherapist will aim to give advice which will fit into your family life. If this is not the case, please do discuss your issues with your physiotherapist. After the block of treatment, there will be a break so your child can practice the skills and exercises taught.

After a period of time agreed between you and your physiotherapist a review will be arranged. This will depend upon how quickly your child learns new motor skills. Further blocks of treatment may be offered to work on specific targets agreed by you, your child (*when applicable*) and the physiotherapist.

#### **Groups**

Sometimes your child may be offered a place in a multi-disciplinary motor development group. This is usually for young very complex children needing multidisciplinary involvement before they go on to preschool. It is a place where parents can learn how best to work with their child to help aid their development.

#### **Equipment**

Your child may need to be assessed for some specialist equipment. This can include standing frames, sleep systems, walking aids and/or bespoke splints for their feet. Sometimes visits by company representatives are set up to trial equipment. Your child may also be referred on to other specialisms e.g. wheel chair services. Your child may also be referred onto paediatricians, orthopaedic consultants and other AHPs (*allied health professionals*) depending on their needs.

#### **School**

As your child matures and goes to school, others can be taught physiotherapy techniques, e.g. school assistants, teachers. The physiotherapist can visit the school or preschool setting to teach others and set up programmes. You will then be offered physiotherapy reviews in school holidays although there is always scope for extra sessions at the Child Development Centre if there are specific reasons e.g. post-surgery, trialing of equipment or if you have any concerns about your child's progress.