

# Children's Physiotherapy Services in Schools

## Children's Therapy Services



## **Therapy Services**

Physiotherapists are part of the therapy team that are available to see children in schools. The therapists work with Occupational and Speech and Language Therapy as part of the multidisciplinary team, with other professionals and support staff.

Therapists work throughout the year. This means that they are available during the school holidays; however, they may take annual leave during term time.

The service is provided by Cambridgeshire Community Services NHS Trust Children's Services.

### **What is the role of the physiotherapist in Schools?**

Physiotherapy is aimed at helping the children to develop and maintain their mobility skills, joint range of movement, muscle strength, and motor skills. They give advice on activities to help to improve their access to the curriculum.

### **Who is referred to physiotherapy?**

Many children who are seen in school are already known to our service, and will have received treatment before starting school. Children will also be seen at the request of school upon referral.

### **The following criteria applies:**

- there is a delay in achieving their motor milestones
- they have an identified neurological/ rheumatology conditions
- they demonstrate difficulties with balance and co-ordination that affect their academic achievements and activities of daily living
- there is a deterioration in their physical abilities
- they require physical rehabilitation following injury, medical condition, or surgery.

### **How can a referral be made?**

Following consent with the parents, a referral can be made using the Single Agency Referral Form.

### **What happens when a referral is made?**

The referral will be placed on a waiting list. When the appropriate therapist is able to see the child, an appointment will be made to attend a clinic or the therapist will arrange to visit the school.

### **At this appointment the physiotherapist will:**

- **carry out an assessment**
- write a report, which is given to the parents/carers, school (with parental consent) and any other relevant professional involved
- give advice, which is based on the report
- when required, a physiotherapy programme will be written.

### **How does the Physiotherapist work with the school?**

If required they will:

- carry out training for teaching assistants to carry out the programme
- liaise with teachers/parents/carers, giving programmes, training and advice.
- to provide equipment which allows the child to be mobile e.g. walking frames, wheelchairs
- give advice on postural management.

### **If a child has a statement of educational needs or is in receipt of medical hours, the therapist will:**

- attend annual review if given enough prior notice
- provide a report for the annual review if unable to attend.

### **When is a child discharged?**

The child will be discharged from Physiotherapy according to the discharge criteria for the service. This includes:

- no further intervention is clinically indicated
- they have been on review for 1 year and maintained their level of ability
- it has not been possible to carry out the programme set by the therapist
- the child or parents no longer wish to receive physiotherapy.

Discharge procedures will be carried out in line with educational policies regarding annual reviews.

## For further information about this service contact:

Children Occupational Therapy/Physiotherapy  
Administration  
The Peacock Centre  
Brookfields Campus  
351 Mill Road  
Cambridge  
CB1 3DF

**Tel:** 01223 218065

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.