

# Community Paediatric Physiotherapy

## Children's Therapy Services



All babies, children and young people are important. They each have their own unique personality and potential. They deserve the best possible care and nurture to support their health and development.

### **What is a Community Paediatric Physiotherapist?**

Paediatric Physiotherapists are members of the Chartered Society of Physiotherapy who work specifically with children as part of a team of other children's specialists. 'Paediatric' simply means 'working with children'. Paediatric physiotherapists are concerned with the assessment, treatment and management of children who have a general developmental delay, disorder of movement, disability or illness that may be improved, controlled or alleviated by physio-therapeutic skills, sometimes with the use of specialised equipment. (APCP Standards of Practice)

### **Where and when will your child be seen?**

Appointments are usually offered at therapy centres in your locality. If appropriate they may take place at home, nursery or school. Referrals are subject to a system giving priority to some conditions, so there may be a longer wait for some children than others.

### **What happens at your first appointment?**

At our first meeting we will discuss you and your child's concerns regarding their physical abilities. A physical assessment will then be carried out.

The purpose of the first appointment is to:

- Assess your child to see if there is a difficulty
- Assess the type and severity of the difficulty
- Agree what action is needed

The assessment is often carried out through play so we can observe your child in a relaxed environment. This may involve undressing your child, to underwear or nappy. It is advisable to bring shorts and t-shirt for older children.

There may also be standardised assessments carried out, where the scores form part of the report. We will discuss with you the results of observations and tests during the assessment. Some children will need to attend more than one appointment to complete this assessment.

## **What happens following an assessment?**

A report will be written after the assessment. Copies of the reports are sent to parents/carers and other medical professionals involved in your child's care e.g. GP, Consultant, OT (Occupational Therapist) and SALT (Speech and Language Therapist). If it is advisable to send reports to other organisations e.g. school, nursery etc. we will ask your permission. If your child needs more Physiotherapy, treatment will be discussed with you.

## **What to do if you disagree**

Occasionally, parents disagree with their child's physiotherapist, or are dissatisfied with the service they receive. This might be in connection with:

- The initial assessment of a child's difficulties
- The therapy or other support offered
- A decision to discharge your child from therapy
- Waiting times for physiotherapy services

The aim is to arrive at a shared view of your child's difficulties and to agree the best way forward. Please check that you have explained your concerns and thoughts clearly to your therapist. If you still can't reach an agreement please contact the Paediatric Physiotherapist Manager on the number below.

## **What if my child is seeing a private physiotherapist?**

Occasionally children receive therapy from a private physiotherapist at the same time as being supported by a therapist working for the NHS. If you are using more than one service, make sure that both therapists know the other's involvement, so they can discuss a therapy plan and work together on behalf of your child. For further information contact [www.csp.org.uk](http://www.csp.org.uk)

For further information about this service contact:

**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.