



Health Information Portal

Community Paediatric Physiotherapy - Parent Leaflet



In this leaflet, we aim to explain, who we are, what we do, where we work and how to contact us.

Who are we?

Physiotherapists aim to improve the quality of life of children and young people by promoting independence and encouraging physical fitness and well being. We are a team of Physiotherapists and Assistants with specialist skills for assessing and treating children. We work in close partnership with the child and their family, education, social work, other healthcare professionals and the voluntary sector. Together we have a shared responsibility for meeting children's needs.

Who do we see?

We see any child from birth to 19 years old, whilst still at school with the following conditions:

- Musculoskeletal (muscles and joints) problems
- Rheumatologic (inflamed joints) problems
- Respiratory (chest) problems
- Global Developmental Delay (slow in development)
- Neurological problems (movement problems)

What do we do?

Following a Request For Assistance we will review the information and a decision will be made as to the appropriateness and urgency of the request. Parents and the referrer will be informed of the decision and given further advice as required. This may be information via a leaflet, onward referral to another more appropriate team or arranging an initial appointment. When we make an appointment to see the child they will be assessed and if appropriate offered treatment/intervention. Intervention is based on each child's individual needs and goals.

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The child will be discharged from therapy when their needs/goals have been met or the necessary strategies put in place for the child/family to manage these themselves. Some children may need ongoing physiotherapy throughout their lives depending on their condition.

Where do we work?

Physiotherapists work in hospitals, clinics, nursery, schools, at home and any other locations depending on the needs of the child or young person.

How is physiotherapy carried out?

There is a range of possible ways of supporting a child. These will always involve working with and through parents and others such as classroom assistants, physiotherapy assistants, class teachers, learning support teachers, nursery workers.

Possible ways of supporting the child may include one or more of the following:

- Training and advice for parents/carers and other service providers (health, social work, education)
- Provision of exercise / activity programmes
- Recommendations for supportive equipment / orthoses
- Involvement with educational and transition planning
- Direct therapy with child individually or in a group

Treatment programmes will be tailored to the needs of your child. Following the agreed period of support the child's progress will be reviewed in partnership with parents/carers and others and further recommendations and actions will be adopted according to the child's changing needs.

Physiotherapy is most effective when it is done very regularly. Therefore, in most cases you will be asked to do exercises or activities on a regular basis and we encourage these to be integrated into your child's daily home life.

Physiotherapy must be part of the child's daily routine and not restricted to a 'session' carried out only by a physiotherapist.

For further information or to request our service please contact:

**Paediatric Physiotherapy Department
AHP Hub
Borders General Hospital
Melrose
TD6 9BS
Telephone: 01896 827231**

How to contact us

If you have any concerns about your child that you would like to discuss with a physiotherapist please contact us by completing a request of assistance form available from the NHS borders website www.nhsborders.scot.nhs.uk and **search for paediatric physiotherapy**. You may prefer to speak to your GP, Health Visitor or School who will be able to make a request for assistance on your behalf. We are able to accept requests from anyone working with a child if the parents have consented

Notes

**Please contact the service on 01896
826000 for a copy of this information in
another language, Braille, large print or
BSL DVD**

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