

Treatment programmes will be tailored to the needs of your child and reviewed and updated as needed.

**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 regarding this service please contact:

**Paediatric Physiotherapy  
Department  
AHP Hub  
Borders General Hospital  
Melrose  
TD6 9BS**

**Telephone: 01896 827231**

**For a copy of this information in:**

- large print
- another language
- Braille
- BSL DVD
- audio tape

**Please contact 01896 827105**

BSL



**NHS**  
Borders

# **Community Paediatric Physiotherapy Service Information Leaflet**



Your child has been referred for physiotherapy. In this leaflet, we aim to explain who we are, what we do and where we work.

### **Who are we?**

We are a team of physiotherapists and Technical Instructors with specialist skills for assessing and treating children. We work individually and also with colleagues from other disciplines within health and education.

### **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
- rheumatological (inflamed joints) problems
- respiratory (chest) problems
- global developmental delay (slow in development)
- neurological problems (movement problems)

### **What do we do?**

Now your child has been referred for physiotherapy we will contact you to arrange an initial appointment at which point your child will be assessed and if appropriate offered treatment/intervention. Intervention is based on each child's individual needs and goals.

The aim is always to reach 'discharge' either when the 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. In this case parents/guardians will be able to contact the physiotherapist directly.

### **Where do we work?**

The intervention may take place in:

- the home
- an education establishment (ie. playgroup/ nursery/ school)
- a clinic/health centre
- soft play area
- hydrotherapy
- or a combination of the above as required

### **How is physiotherapy carried out?**

It can take a variety of different forms including:

- specific treatments
- exercise/activity programme
- recommendations for supportive equipment/orthoses
- education / training of family members, carers and education staff