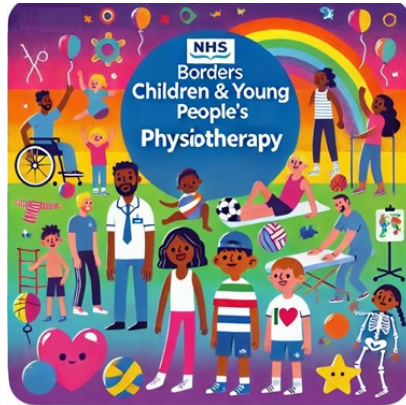




My Physiotherapy Visit

This story will help me know what might happen when I come to see the Physiotherapy Team.



Where I might get my Physiotherapy

Sometimes I see my Physiotherapist (Physio) at home. Sometimes I see them at school. Sometimes I go to a hospital or health centre to see them. This story shows me what might happen there.

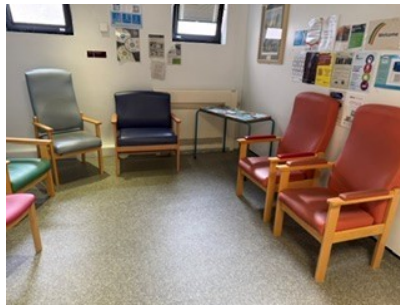
Arriving

When I arrive, I will come into the building with my grown-up. We will look for the area where my appointment will be.



Waiting

Sometimes I might need to wait before my appointment. I can play quietly, read a book, or use my headphones or favourite toy while I wait. Other people may be waiting too.



Meeting my Physio

One of the physiotherapy team will come to meet me. They will say hello and tell me their name. My grown-up can come with me.



Going into the room

We will go into a treatment room together. There may be a plinth, toys, mats, balls or other equipment to help me move and play.



Talking together

The physio might ask me or my grown-up some questions. This helps them learn more about me.



Looking at how I move

The physio might ask me to:

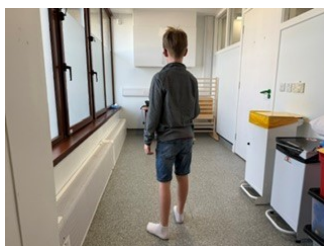
Walk

Run

Jump

Balance

Throw or catch a ball



Sometimes I might be touched

Sometimes the physio may gently touch my arms, legs, or feet to see how I move. They will explain this before they touch me. If I need a break or want to ask a question, I can tell them.



I can have a break

If I need a break, that's OK. I can tell my physio or my grown-up. We can work together to help me feel comfortable



We might make a plan

Before I go home, the physio might give me some activities or exercises to practise. My grown-up can help me



Finished

When my appointment is finished, I can go home.
The physiotherapy team is here to help me.



Helpful things to know

I can ask questions.
I can bring my favourite toy.
I can wear my headphones.
I can ask for a break.
My grown-up can stay with me.
It is OK to feel nervous.



For more information on some of our therapy
areas and how to find them, please visit our
website at:

[Www.nhsborders.scot.nhs.uk/
paediatricphysiotherapy](http://Www.nhsborders.scot.nhs.uk/paediatricphysiotherapy)

Or scan the QR code below:

