

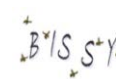
Physiotherapy is most effective when it is done very regularly. Therefore, in most cases you will be asked to do exercises or activities on a regular basis and we encourage these to be integrated into your child's daily home life.

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 regarding this service please contact:

**Paediatric Physiotherapy
Department
Westgrove
Waverley Road
Melrose
TD6 9SJ**

Telephone: 01896 824528



For a copy of this information in:

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

Please contact 01896 824528

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 (i.e. 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

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