

# Children's Physiotherapy Service



## **What is a Children's Physiotherapist?**

A Children's Physiotherapist (PT) is state registered and a member of the Chartered Society of Physiotherapy who works specifically with children as part of a team of other children's specialists.

A Children's Physiotherapist is 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 physiotherapeutic skills, sometimes with the use of specialised equipment. (APCP Standards of Practice).

All of our children's physiotherapists are registered with the Health and Care Professions Council.

Our aim is to help children achieve their maximum physical potential, improve quality of life for children and their families and improve children's ability to integrate into the school environment.

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

Appointments are offered at the therapy bases/centres and can be at home, nursery or school when this is more appropriate. The service works to a priority system so for some children there may be a delay in being offered an appointment.

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

Your child will have an initial assessment. For some children this may be a single session whilst for other children assessment may continue over several sessions. An assessment session will typically last between 45 minutes and one and a half hours. You will be given more detailed information about timing, directions and if necessary, what to bring with you (e.g. shorts and shirts) with your appointment letter. At the first appointment you will have an opportunity to discuss what you and your child are hoping to get from the physiotherapy service.

## **Who will be present at the assessment?**

You will be given the name of the Physiotherapist who will see you at the time that your appointment is arranged. Sometimes therapists will offer a joint assessment with another therapist such as an Occupational Therapist or Speech and Language therapist.

If the assessment is at school it is useful to involve any staff (such as teaching assistants) who have a responsibility for meeting your child's needs.

### **What happens after the initial assessment?**

Following the assessment a report will be written and you will be sent a copy. If you are in agreement, information will also be shared with others involved in your child's care/education to help your child. Not all children require further intervention and, if this is the case, will be discharged following advice. For those children requiring further input, details of the physio intervention will be described in the report. This may include advice on an activities programme, equipment or additional visits, i.e. to school.

### **Communication?**

Good communication is important at all times. Please do raise any questions or concerns that you or your child may have during any part of this process. If you need to cancel an appointment, please contact your physio as soon as possible.

### **Information sharing and consent?**

Issues regarding sharing information, confidentiality, and consent to treatment will be discussed with you and written information will be available on request. If there is to be student or another colleague present, you will be asked in advance for your consent.

### **Feedback or complaints?**

Feedback from people who use the children's Physiotherapy service is always welcomed. This is particularly useful when we are reviewing or developing services. If you wish to participate please let us know. If, for any reason, you need advice or have a concern relating to the PT service, we would ask you to contact the service administrator in the first instance. The number to do this is 01223 218065.

## For further information about this service contact:

Children Occupational Therapy / 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.