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Paediatric physiotherapy

Information for parents and carers



**Combined Child Health and Moray Community
Health and Social Care Partnership**

Physiotherapy and children

The paediatric physiotherapy service

Paediatric physiotherapists are experts in human movement, development and function. They have specialised knowledge of the systems of a child's body.

The children referred to our service may have wide-ranging and often complex conditions.

Physiotherapists will take a holistic approach (this means that we look at your child's physical wellbeing as a whole) to the management of your child's physical needs (such as sitting, standing, walking and balance).

We may see your child in a variety of settings – such as hospital, school and in the community. We work in close partnership with the child and their family, education, social work, other healthcare professionals and the voluntary sector, as appropriate.



About our service

In Grampian, we have a small and dedicated team of paediatric physiotherapists. We are based in a variety of places (hospitals, schools etc).

We see children in locations across Grampian, including schools, nurseries, playgroups, hospitals, GPs' surgeries or in their own home. We will discuss with you the best place for us to see your child.

What does a physiotherapist do?

We recognise that children are not simply small adults. Your child's physiotherapist understands this and manages their condition using a specialised paediatric approach.

We use play and exercise to guide your child through the various stages of development or recovery from surgery or injury.

Throughout the treatment period, we will keep reassessing your child's progress and develop their programme as necessary (for example changes to an exercise programme, stretching etc).

With you, we will set goals for your child, which will be reviewed.

What should I do before our appointment?

Your child should wear comfortable, loose clothing. For older children, take shorts for them to change into.

Don't feed your child large amounts before your appointment. Take some water/milk with you, in case your child gets hungry during or after the session.



Before your appointment, have a think about what your child has difficulty with as this information will help your physiotherapist.

What happens at our first appointment?

Your first appointment may last for up to 1 hour.

We will gather detailed information of your child's medical condition and any other relevant information. We do this by talking to you and your child, watching your child as they move around and also by asking your child to do some actions.

A parent/legal guardian must attend the first appointment for legal reasons. For other appointments, a parent/legal guardian must attend unless consent (agreement) is given otherwise. This is for support and ongoing programmes as well as legal reasons.

Before the start of each session we ask the child and/or the parent/legal guardian for their consent to treatment.

For health and safety reasons, if you need to bring your child's brothers or sisters with you to the appointment please try to bring a relative or friend with you. They can then keep an eye on the other children, and allow you to concentrate on the appointment.

Is there anything else I need to know?

If you can't attend your appointment, please contact us immediately to let us know. The telephone numbers are on page 5 and on the back cover. We can then rearrange your appointment for a more suitable time and offer your appointment to another child. If you don't attend and don't let us know, we may take your child off our treatment list.

The Combined Child Health Service in Grampian is a teaching establishment. This means that students may be present or involved in your child's session. We will ask for your consent for students to be present and hope that you will agree.

NHS Grampian has a zero tolerance policy and any verbal or physical abuse will not be tolerated.

What happens next?

At the first appointment, the physiotherapist will discuss your child's physiotherapy needs with you. These needs may range from no further input, regular contact to occasional review.

When your child is ready to be discharged from our service, we will discuss this with you.

What happens when my child is discharged from the service?

When your child is discharged from our service, we will advise you about any exercise programmes that you may need to continue at home.

We will contact your GP (family doctor) and any specialist involved in your child's care to let them know that your child's physiotherapy has finished.

Your child can be referred to our service again if necessary at any time.

How can I comment on your service?

If you have any concerns about your child's physiotherapy that can't be addressed by your therapist, please contact:

Lead Paediatric Physiotherapist
Royal Aberdeen Children's Hospital, Foresterhill
Aberdeen, AB25 2ZG

☎ (01224) 552669

Or:

Paediatric Team Lead
Cherry Tree Therapy Centre
Dr Gray's Hospital
Pluscarden Road, Elgin IV30 1SN

☎(01343) 567368



Contact telephone numbers

If you have any questions about your child's therapy, please contact us on the appropriate number below or over the page.

If we are not available, an answering machine will take your message. We will call you back as soon as we can.

Physiotherapy Department

Royal Aberdeen Children's Hospital, AB25 2ZG

 **01224 552669**

Child Development Team – City North

Bucksburn Academy, Kepplehills Rd, Aberdeen, AB21 9DG

 **01224 710773**

Child Development Team – City South

Lochside Academy, Wellington Circle, Aberdeen,
AB12 3JG

 **01224 241752**


Child Development Team – City Central

Mile End School, Midstocket Road, Aberdeen, AB15 5LY

 **01224 498091**

Child Development Team

Kincardine Community Hospital, Stonehaven, AB39 2NJ

 **(01569) 792028**

Continued over the page →

Contact telephone numbers (continued)

Child Development Team

Inverurie Community Campus, Victoria Street, AB51 3QZ

☎ (01467) 672771 ☎

Child Development Team

Health Clinic, Hillcrest, Fraserburgh, AB43 9NB

☎ (01346) 585143 ☎

Cherry Tree Therapy Centre

Dr Gray's Hospital, Pluscarden Road, Elgin IV30 1SN

☎ (01343) 567368

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Feedback from the public helped us to develop this leaflet. If you have any comments on how we can improve it, please call 01224 554149 to let us know.