

# Children's Physiotherapy Service

Your Child's Physiotherapy Journey



## Who will refer my child to your service?

Your child will usually be referred by a health or social care professional. School SENCOs can also refer your child to the service. We aim to see your child within 18 weeks of receiving the referral.

We see children who might need interventions to help with:

- Developmental disorders or delays in their movement and gross motor skills.
- Neurological deficit.
- Acquired neurological conditions.
- Neuromuscular deficit.
- Complex special needs that includes neurodevelopmental delay with complex physical disability equivalent to GMFSC III to V in Cerebral Palsy.



## What is children's physiotherapy?

The Children's Physiotherapy team assess and manage problems that occur due to accident, injury, disease or disability.

Physiotherapy is an individualised approach which aims to maximise a child's potential and independence. Physiotherapy can help to develop or maintain function and minimise long-term problems.

Paediatric physiotherapists recognise the importance of working in partnership with the child, parents/carers and other healthcare professionals to maximise a child's physical abilities and independence.

We will often talk about "Function". When we say this we're thinking about how a child goes through each day and what things they need to be able to do in their daily life.

## Where do you see my child?

Your child will be seen in one of our clinic sites around Leicester, Leicestershire & Rutland. We see children in our clinic spaces because we have specialist facilities with all the relevant equipment needed for our assessments. Occasionally we may see your child at home or at nursery/school, if needed, to assess a different environment for a specific reason.

## How do you assess my child?

A physiotherapist will assess many aspects of your child's skills including - gross motor skills, walking pattern, posture, muscle tone, muscle strength and joint range. Reassessment will occur as your child continues to develop, change and grow.



## How often do you see my child for therapy?

Your child will be seen as often as the therapist feels is appropriate. If your child has had surgery or orthopaedic intervention we may need to see them more often for a period of time. We will see your child more often when they are young. On average 90% of gross motor function is achieved by the age of 5 years old. Activities will be recommended to your child's family and/or school to improve their skills between appointments.

## Therapy Support Workers (TSW)

TSWs support the therapists to deliver treatment to the patients known to our service. The work TSWs complete is delegated by a therapist who will oversee the care. Your child might be seen by a TSW as part of their care. Their role includes:-

- Supporting the delivery of a therapy programme through completing sessions with the patient in the most appropriate environment relating to their specific goals (this can include a clinic setting, educational setting or their home).
- Reviewing and adjusting certain pieces of equipment that has been provided by the service under the guidance of a therapist.
- Liaising with a therapist following the delivery of care, as needed.

## What else will you provide for my child?

- We recommend home based activity programmes in which we will teach the parents/carers to carry out exercises at home/school.
- We can provide specialist equipment including for 24-hour postural management for more complex children.
- We can sign post to other services that we feel may benefit your child.

We strive to improve the following six areas of your child's life:

- Fitness
- Family
- Function
- Fun
- Friends
- Future

## What can we expect from you?

The aim of intervention is for the family and carers to be able to understand and self-manage the child's condition and ongoing needs. Therefore, family members will be asked to participate actively in your child's therapy programme. Children are most comfortable in their own environment's i.e. home and school. As parents/carers, you know your child the best, so you will know how to motivate them through adapting lifestyles and activities.

You are free to contact us if you have any queries or concerns about your involvement. It is important that we work together and have a positive relationship.

## Will you discharge my child?

Depending on the type of intervention needed, it's difficult to say when your child will be discharged by the service. It is not unusual for a child to have some physiotherapy intervention treatment throughout their childhood and be discharged back to the care of a health visitor or their GP when appropriate. As new needs emerge, a referral can be made back to the service. Some children with long term conditions might be seen for longer periods of time or until they reach adulthood.

## Early Help

**City:**

<https://www.leicester.gov.uk/media/182445/one-number-leaflet.pdf>

**Rutland):** <https://www.rutland.gov.uk/children-young-people-families/family-support-early-help-service>

## Family Help

**County:** <https://www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/early-help-for-children-and-young-people>

**Sleep Charity Website:** <https://thesleepcharity.org.uk/>

## Useful links:

If you would like more information about Physiotherapy with children, visit the [Association of Paediatric Chartered Physiotherapists](https://apcp.csp.org.uk) (APCP) website.

### **Accessible Sports and Activities for Children.**

<https://apcp.csp.org.uk/content/accessible-sport-activities-children>

### **Information for parents and carers.**

<https://apcp.csp.org.uk/parent-leaflets>

### **The Six F-Words for child development:**

<https://childinuoxford.com/wp-content/uploads/2023/04/F-words-Poster-Child-Development-4June2020.pdf>

## Local offers:

### **Local Offer Leicestershire:**

<https://www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability>

### **Local Offer Leicester City:**

<https://families.leicester.gov.uk/send-local-offer/>

### **Local Offer Rutland:**

<https://www.rutland.gov.uk/rutland-information-service/send-local-offer>

### **Early Help Leicestershire:**

<https://www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/early-help-for-children-and-young-people>

## Early Help Leicester City:

<https://www.leicester.gov.uk/media/182445/one-number-leaflet.pdf>

**Early Help Rutland:** <https://www.rutland.gov.uk/children-young-people-families/family-support-early-help-service>

## Care Navigation

Care navigation is an administrative team working together with health professionals and external partner agencies to support children and young people aged 0-19.

The service can offer support with -

- Directing you to local support networks.
- Collating and sharing information with professionals involved to enable a more efficient service.
- Providing confirmation of health appointments detailing the clinic, date, time, and venue.
- Act as a point of contact for families and professionals when support with health required.

**Care Navigation contact number – 0116 215 3269**

**If you  
need help to  
understand this  
leaflet or would like it  
in a different language  
or format such as large  
print, Braille or audio,  
please ask a  
member of  
staff.**

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