



Community Paediatric Physiotherapy Service

Hammersmith and Fulham, Kensington and Chelsea and south Westminster teams

Information for parent and carers

We hope this information is useful. Please ask your physiotherapist should you have any questions about the Community Paediatric Physiotherapy service.

About our service

The Community Paediatric Physiotherapy team is part of the Cheyne Child Development Service (CCDS). We take referrals from consultant paediatricians, GPs and other education and health professionals. The physiotherapists working for the service have specific experience in working with babies and children with movement difficulties and delayed development.

Reason for referrals

Your child is likely to have been referred to physiotherapy for one of more of the following:

- Delayed motor milestones (eg not rolling, sitting or walking when expected)
- Poor balance and/or coordination
- Muscle stiffness or tightness (hypertonia)
- Floppy muscles (hypotonia) and/or excessively bendy joints (hypermobility)

Assessment

Unless deemed appropriate by the assessing physiotherapist, the initial assessment is carried out in the local hospital/clinic. A parent or legal guardian must be present for the first visit (rather than, or as well as, a nanny or carer) to consent to the assessment, discuss any concerns and plan for future intervention, should this be necessary. Your child may need to be undressed for assessment and/or treatment. Please let us know if this causes concern.

Treatment

Should your child require ongoing intervention, the frequency and duration of treatment will be discussed with your physiotherapist. The emphasis of treatment will be on showing you and other people working with your child (school and nursery staff, nanny, carer etc) how to do activities which have been specifically chosen to help your child to improve his/her ability to move and function. This is called a physiotherapy programme. It is important that the programme is incorporated into your child's daily routine, as it is the basis of your child's treatment. Your physiotherapist will help you work out how best to do this within the demands of family life, school and play. We work closely with other healthcare professionals and so, where appropriate, treatment may involve joint therapy sessions with other professionals.

Communication

When appropriate, we will share information with other professionals involved in your child's care with your permission. We will let you know in advance, if possible, if your child's appointment needs to be cancelled, for example due to staff sickness or absence. It is generally not possible for another physiotherapist to see your child if your physiotherapist is off sick or on leave, unless your need is urgent.

We ask that you let your physiotherapist know as soon as possible if you are unable to keep an appointment, as the time can be used to see other children. If you do not attend (DNA) an appointment without giving at least 24 hours' notice, your child may be discharged from our service in accordance with the Trust's DNA policy.

Contact us

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