

Please note:

- You can ask the physiotherapist to identify herself or himself and you can contact the administration office to check.
- We may have physiotherapy students with us.
- Wear loose clothing for your appointment - even better wear shorts and T-shirt! We may need to feel how your joints move as part of our assessment but you always have a choice and can say how you feel.
- We are a confidential service and will only share information with other professionals with your permission.

Ask your physiotherapist to put their details here so that you can phone, text or e-mail them:



Name: _____

Tel: _____

Mob: _____

Email: _____

If you can't get hold of your physiotherapist ring your local admin office:

-  : South 01865 904 114
-  : Central 01865 231988
-  : North 01865 904 435

We welcome feedback on things that are going well or anything that is going wrong.

If you have comments (good or bad) you can talk to your physiotherapist or contact:

Childrens Community Physiotherapy Services,
Community Paediatrics, LG1
Children's Hospital, Headley Way
Oxford, OX3 9DU

Email:

Childrens.physiotherapy@oxfordhealth.nhs.uk

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরম্যাট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો

यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本, 请与我们联系

नेवेल डुवर्तुं टिच नतदवानी विनी दुनी डामा नां मवल हिंन चानीची तेंदे तां विलया वव दे सतुं पुळें

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہمیں یہ خبر دے سکتے ہیں۔۔



Physiotherapy

Children's community physiotherapy

Who are we?

We are a team of 25 physiotherapists and assistants who see around 1,000 children in Oxfordshire. We may visit you at home or at school, or ask you to come to a clinic. You may work on your own with your physiotherapist or in a group with other children.

We are part of the integrated therapy services (also including occupational therapy and speech and language therapy).



You or your parent needs to let the physiotherapist know if:

- you cannot make your appointment.
- you are unwell.
- you have any worries about your physiotherapy.
- you would like someone to be with you during your appointment.

- you would like to be seen on your own.
- you would prefer to be seen by a man or woman.

What do we do and how can we help you?

If you have a problem moving or doing physically what you want to do, we will help.

We work with you to help to develop your health and fitness.

We may give you exercises to do at home in between physio sessions.

We may link with other services or refer you to other people for more help.



At your first appointment we will:

discuss the concerns you have.

- ask about other people and services involved.
- carry out a physical examination.
- plan with you what will happen next.

What some children said physiotherapy was for:

"To keep your muscles strong and to help make it easier to walk or to pick up things or do things"

" Really important to not get stiff. You have to do it three times a day to get your legs better"

" I like the games and stretches, it makes my arm feel loose"

