

For further information talk to your physiotherapist or contact

E: childrens.physiotherapy@oxfordhealth.nhs.uk

T: 01865 01865 904464

We welcome any comments or feedback you have of our service. Please email us at:

oxonchildrens.therapies@oxfordhealth.nhs.uk

Please note: If you have specific queries relating to your child please contact your therapist directly.

References:

Early Support Information for parents, Down Syndrome

Winders, P. 1997. Gross Motor Skills in Children with Down Syndrome

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the PALS and complaints team on:

Freephone: 0800 328 7971

E: PALS@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 (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

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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

নেওৰ তথ্যটো ডিও নাতলবনী কিসী দুসৰী ভাষা ন্য মনসে কিংচ চাওঁসী হেঁই তাং বিতৰণ কৰে বে মনসে পুহে

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہم سے پوچھیں۔۔

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Image courtesy of Gabor from Hungary via morguefile.com



Children and Young People

Physiotherapy

Physiotherapy for children with Down Syndrome

What is physiotherapy?

Our team of physiotherapists are health professionals who help children with movement problems.

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

Why does my child need physiotherapy?

As children's physiotherapists, we can offer advice and activities to promote your child's gross motor skills, such as rolling, sitting, crawling, standing and eventually walking.

We can also offer advice and support with positions for carrying and for handling your child, promoting good posture, strength, balance and function.

What problems might my child experience?

Many children with Down Syndrome have a degree of floppiness of their muscles (hypotonia) and this affects each child to a different degree. Low muscle tone, as well as reduced strength and endurance, make it hard to learn gross motor skills.

Children with Down Syndrome also have increased flexibility in their joints (hypermobility), and you may first notice this in your child's hips as their knees fall to the sides when they are lying on their back.

Children with Down Syndrome also have short arms and legs relative to the length of their trunk. This makes it harder to prop themselves up when they are learning to sit, or more difficult to climb on furniture.

Some children may have flat feet. If this causes any problems your physiotherapist or GP will refer to the Nuffield Orthopaedic Centre for their specialist advice.

When and where will I see my child's physiotherapist?

Your child may be seen in clinic or at home and your physiotherapist may also visit any local settings your child attends regularly.

We will first see your child within 12 weeks of receipt of referral and offer follow-up appointments one or two months apart. We will see your child until they are walking confidently. At this point they will be discharged from the physiotherapy service.

Our service can easily become involved with your child again if needed, for example at transition into school, for a specific new

problem or to help suggest activities to achieve new goals.

We can be contacted at any time, between appointments, as we will provide you with all of our contact details.

How you can help

Physical activity will help to promote a child's gross motor skills and increase their muscle strength. They will need lots of stimulation through handling and play.

Your physiotherapist will provide you with activities to carry out to help your child with their gross motor skills. Repetition and practice will help a child to increase their muscle strength and ability.

Speak to your physiotherapist about any concerns you may have, and come up with ideas together that you and your child will enjoy.

As your child gets older, they will still benefit from plenty of physical activity and exercise. Try to find a sport or physical activity which interests your child and try out a local sports club.

For more information about local sport clubs and activities in Oxfordshire, visit www.oxfordshiresport.org/disability-sports