

- Jumping games
- Obstacle courses (crawling through tunnels, squatting to the floor, stepping over objects, stepping on and off stable objects, reaching up on tip toes)
- Swimming
- Climbing stairs
- Dancing
- Running and chasing games

Activities to encourage co-ordination:

- Throwing and catching balloons
- Rolling a ball to and from a partner
- Kicking balls of different sizes

As your child gets older, progress on to:

- Throwing a beanbag at a target
- Bouncing a ball to a partner and themselves
- Throwing and catching with a partner and themselves
- Bat and ball games

To contact our Service please phone:

North Admin: 01865 904459
Central Admin: 01865 904464
South Admin: 01865 904414

If you need to contact a manager please email:

childrens.physiotherapy@oxfordhealth.nhs.uk

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 Patient Advice and Liaison Service on freephone 0800 328 7971.

Please contact us if you would like the information in another language or different format.

يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسيق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে Bengali পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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Children and Young People

Physiotherapy

Down syndrome:
physiotherapy
advice

The Children's Community Physiotherapy Service will continue to see children with Down syndrome until they are walking independently. It is then very likely your child will be discharged as they will continue to improve their gross motor skills through general physical activity, clubs and playing with peers. A specific physiotherapy program is no longer needed.

This leaflet provides some ongoing advice to help develop your child's gross motor skills.

What if I feel we need more support as my child gets older?

It is very simple to request for your child to be seen again by a physiotherapist if you have a specific concern. Please phone the local therapy administration office if you would like to discuss a re-referral.

When should I ask for a re-referral to the Children's Community Physiotherapy Service?

Not every child with Down syndrome requires further physiotherapy input. However, it may be beneficial at times of transition (e.g. from nursery into school) as school staff may require guidance for PE lessons and school trips. You should also request a re-referral if any of your child's gross motor skills regress.

Who will monitor my child's foot position and orthotics provision?

Your physiotherapist might have already referred your child to the orthotics department at the Nuffield Orthopaedic Centre. The orthotist will continue to review your child's foot posture and continue to provide orthotics as needed.

When you require a review you should contact the orthotics department directly on the following number: 01865 227575.

Ongoing exercise advice

It is important your child is encouraged to take part in physical activities in order to continue to develop their gross motor skills, maintain muscle strength, develop and maintain bone density and help keep a healthy weight.

The government guidelines for physical activity are as follows:

- Once a child is able to walk, three hours a day is recommended.
- Children aged 5-18 years old, over 60 minutes a day of moderate to vigorous activity.

There are lots of sports clubs in Oxfordshire which can be accessed. Local sports clubs, for example at your child's school, can be a

great way of encouraging your child to participate in physical exercise with their peers.

There are also a number of specialist sports clubs all over the county, including football, cycling, swimming and dancing. Your physiotherapist may have already advised you on some of these, for example Riding for the Disabled (RDA) and adapted bicycles.

Please visit the website below for more information on disability sports groups in Oxfordshire www.oxfordshiresport.org/disability-sports.

Activities to encourage balance skills:

- Walking on stepping stones and on balance beams
- Playing football (lifting one leg to kick a ball encourages balance on the other leg)
- Balancing on one leg
- Walking on uneven surfaces– e.g over cushions, on grass, sand, wood chippings, up and down slopes
- Going to soft play areas and spending time at the park

Activities to encourage general muscle strength and fitness:

- Soft play and going to the park
- Ride-on toys/ trikes