

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 the administration office:

 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:

Email: oxonchildrens.therapies@oxfordhealth.nhs.uk

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف.
Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu 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.

Oxford Health NHS Foundation Trust
Trust Headquarters
Warneford Hospital
Warneford Lane
Headington
Oxford
OX3 7JX

Switchboard 01865 901 000
Email enquiries@oxfordhealth.nhs.uk
Website www.oxfordhealth.nhs.uk

Become a member of our Foundation Trust
www.ohftnhs.uk/membership

NHS

Oxford Health
NHS Foundation Trust



Children and Young People **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"

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.

