

Patient information

Physiotherapy treatment for children

Your child is being referred to paediatric physiotherapy.

A physiotherapist will carry out an assessment and likely prescribe exercises for your child to complete at home. These exercises will help your child's symptoms, but success will depend on both you and your child's co-operation with these exercises.

The physiotherapist will advise on how often and how many times your child will need to do these exercises.

If your child has difficulty completing the home exercise programme, the physiotherapist will work with you and your child to help improve this.

Even when your child is feeling better, it is important they continue to do the exercises until your physiotherapist or consultant is happy for you to stop.

If your child stops doing the exercises before this time it is quite common for the symptoms to return.

Physiotherapy treatment for your child's condition is much more likely to be successful when the exercises are completed and the advice is followed.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>



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