

## Physiotherapists

The physiotherapy team supports children with specific developmental difficulties and/or conditions which affect their physical development. These difficulties may affect their ability to move or reach their physical potential. They help develop their physical skills through play, specific exercises and activities. They also advise on how best to position and move your child to help support their progress. They provide support to children across the whole of Hampshire, Southampton and Portsmouth

The physiotherapists provide support and advice for children from birth to 19 years. No types of difficulty or disability are excluded as they give support based on need, not diagnosis.

They support children with one or more of the following difficulties:

- movement
- posture and balance
- reduced muscle strength and coordination
- reduced quality of movement or restricted movements.

A physiotherapist will assess your child to build up a picture of their skills and find out their exact abilities, difficulties and needs. The assessment may include one or more of the following:

- formal assessments or tests
- informal play-based assessments
- watching your child at nursery, school or home to see how they move
- talking with those who know your child and speaking to other professionals involved in their care.

After your first appointment, if further support is needed, they may suggest one or more of the following:

- advice and coaching to parents, carers and other professionals to help them apply practical ideas to support your child
- training and advice for parents and other professionals involved in your child's care
- direct therapy, either individually or in groups
- activities and programmes for home and pre-school or school
- advice on specialist equipment that may be needed
- discussion and liaison with other people involved in your child's care to allow us to work together to meet your child's needs
- onward referral to other agencies or professionals who may be able to help

How to contact the Occupational therapist team:

You can call them on **0300 300 2019** to:

- make or rearrange an appointment
- cancel an appointment
- discuss any questions or concerns you have about our service
- make a complaint or tell them about something that they did well.

Alternatively, you can contact them via email

at [SNHS.Solentchildrenstherapyservice@nhs.net](mailto:SNHS.Solentchildrenstherapyservice@nhs.net) or write to them using the address below:

Children's Therapy Service, Stoneham Centre, Moorgreen Hospital Site, Botley Road, West End, Southampton, SO30 3JB

(Taken from <http://www.solent.nhs.uk>)