

Croydon Children's Physiotherapy Team

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What is Childrens Physiotherapy?

What is Physiotherapy?

- Physiotherapy helps children move and function to the best of their ability, when they have been affected by injury, illness, developmental delay or other disability.
- Our service will provide comprehensive assessment and developmental review as clinically indicated. The frequency of intervention is determined by the age of the child, developmental progress, presentation, diagnosis, and response to therapy.
- We work with children and their families to identify physical difficulties affecting their child's function. We aim to empower the child and their family to manage the physical needs and maximise participation throughout life. We adopt a consultative model to empower parents and families.
- We work closely with other professionals to ensure that the Child or young person (CYP) physical disabilities are maximised in all environments where they spend their time.

Who are we?

- We are a team of physiotherapists, who are registered members of the Chartered Society of Physiotherapy (CSP), the Health and Care Professions Council (HCPC) and have full DBS checks.
- We have a wide range of knowledge of childhood conditions and expertise in child development. We work together with our trained Physiotherapy Assistants to provide a comprehensive service. We are supported by administrators who help the team to run smoothly and efficiently

What does our service do?

Within Croydon, there are two streams to our Children's Physiotherapy service;

- Neurodevelopmental (0-19)
- Musculoskeletal Physiotherapy (0-16)

Neurodevelopmental stream: We help babies, childrens and young people to develop their gross motor skills to the best of their ability. We assess:

- Strength and co-ordination
- Motor development
- Posture and Balance
- Functional gross motor skills

Musculoskeletal stream: We help babies, children and young people who have had musculoskeletal or orthopaedic conditions. All physiotherapy intervention is provided in clinic and assess:

- Factors that may be contributing to pain
- Range of movement and muscle strength
- Posture and biomechanics
- Balance and stability
- Functional gross motor skills

Assessment

Any Physiotherapy advice or treatment is based on an assessment of the child's needs.

The assessment may include activities addressing:

- strength and co-ordination
 - motor development
 - posture and balance
 - quality of movement
 - Play and function
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- Following an assessment, any physiotherapy intervention will be fully discussed with the C/YP and their family. Families are expected to be fully involved with delivering physiotherapy for their child where on-going physiotherapy input is needed.

Physiotherapy may include one or more of the following:

- Training and advice for parents/carers and other people involved with the CYP to support their physiotherapy plan.
- Providing home exercise/activity programmes
- Assessment for specialist equipment if required
- Childrens may be offered blocks of intervention in response to specific need, for example post-surgery, injury, pain, tone management, or to address an identified functional goal that is likely to respond to physiotherapy intervention.
- Liaison with other professionals as necessary.

Universal resources



Lots of resources to support development,
[Information for parents | Association of Paediatric Chartered Physiotherapists \(csp.org.uk\)](#)



Resources to support development and encourage activity
through play in the Early Years
[Resources - Ei SMART](#)



<https://www.bliss.org.uk/parents/support/>

If you need more help.... Our Referral process

Referrals:

- A referral from a healthcare professional is needed to access Children's physiotherapy.
- Referrals are triaged by a qualified physiotherapist and where appropriate will be allocated to our MSK or Neurodevelopmental pathway depending on need. Our standard is to offer an appointment within 18 weeks from receipt of referral (in line with NHS guidelines).

Eligibility criteria:

- Children or young people registered with a Croydon GP, aged 0 to 16 years of age (up to 19 years if attending a Croydon Special School).

What to expect....

- Every referral is read by a fully qualified senior physiotherapist and if meet the criteria will be placed within the stream that best meets their needs.
- You will be sent your first appointment by post or telephone call if we have any appointments in the next week.
- The person with parental responsibility will need to attend the first session with the child or young person.
- During this appointment, the physiotherapist will agree with you the plan.
- Non-attendance policy – If the Child or young person isn't not brought to their appointment and no contact is made with in 2 weeks they may be discharged from our service.