
What are Physiotherapists?

Physiotherapists are healthcare professionals who help people mainly through physical activity such as exercise and movement. Some Physiotherapists specialise in working with children and learn about the conditions they can have and how best to help them. They are called **Children's Physiotherapists**.

What childhood disorders can we help with?

- Neurological problems, such as Cerebral Palsy
- Babies with delayed development
- Orthopaedic problems
- Rheumatology conditions (e.g. arthritis)
- Muscular Dystrophy
- Children with co-ordination difficulties
- Conditions which affect breathing

Where do we see children?

We aim to see children in the most suitable place e.g.:

- In a Children's Centre
- In school
- In nursery
- In playgroup
- In their own home
- During a stay in hospital

What do Children's Physiotherapists do?

- Assess** children in order to confirm a diagnosis and decide whether physiotherapy treatment would be helpful.
- Treat** a wide range of conditions. This can be on an individual basis or within a group. We may sometimes ask one of our physiotherapy technicians to carry out a treatment programme.
- Advise** parents and carers how they can help improve the way a child is able to move and function.

What will happen at the first appointment?

At the first appointment, your child will be assessed to see if physiotherapy treatment would be helpful.

All children under 16 must come to their first appointment with the person who has parental responsibility for them. This is often, but not always, the parent of the child. If you are unsure who has parental responsibility for your child, please contact your Children's Centre for an information leaflet.

What should be worn for the appointment?

If appropriate, we suggest that you bring shorts and T-shirt for your child to change into before the assessment. This will allow the physiotherapist to see your child's arms and legs clearly.

What if I can't keep the appointment?

If you are not able to keep the appointment you have been given, please contact us as soon as possible and we can make a new appointment for you.

If you do not come to an appointment, without letting us know, your child may be discharged from our Service, in line with our protocol.

Students

Aneurin Bevan University Health Board is committed to the teaching of various healthcare students. If we wish a student to be present at your child's appointment we will discuss this with you first. If you do not wish the student to

be there you are welcome to refuse. This will not affect your child's treatment in any way.

Where do you contact us?

For South Monmouthshire, South Torfaen and Newport:

Serennu Children's Centre
Cwrt Camlas
High Cross
Rogerstone
Newport
NP10 9LY Tel No: 01633 748064

For North Monmouthshire, North Torfaen and Blaenau Gwent:

The Children's Centre
Nevill Hall Hospital
Brecon Road
Abergavenny
NP7 7EG Tel No: 01873 732712 Fax No: 01873 732728

For Caerphilly Borough:

Caerphilly Children's Centre
Cwrt Llanfabon
Heol Las
Energlyn
Caerphilly
CF83 2WP Tel No: 02920 867447 Fax No: 02920 852766