



Happier | Healthier | Hopeful

Children's Physiotherapy

Support for children with physical difficulties

Children's physiotherapists work as part of an integrated team to treat children and young people who need help with physical difficulties whether they are simple or complex. We work in a variety of settings, such as the home, school and nurseries. We are specially trained to work with children, parents and carers to maximise children's physical abilities and independence.

What can we offer?

After assessing your child's needs, we will work with you to develop an individual treatment programme which is tailored to your child's needs and aspirations. We will give you exercises and activities to practice with your child at home, which will give your child the best chance of success. When your child has reached the goals that we have agreed upon, we will decide together whether or not you need further physiotherapy. If you feel that we have done all we can for now, we will not make further appointments but we will make sure that you know how to get back in touch with us if you need to.

Paediatric physiotherapy covers a wide range of clinical practice and conditions – some are similar to those seen in adults and some are specific to children:

- neurological conditions, e.g. cerebral palsy, head injury
- neuromuscular disorders, e.g. muscular dystrophy
- acute injuries, e.g. fractures, sports injuries
- respiratory conditions, e.g. asthma, cystic fibrosis
- rheumatological conditions, e.g. juvenile idiopathic arthritis
- congenital disorders, e.g. spina bifida, limb deficiencies
- congenital orthopaedic conditions, e.g. talipes equinovarus, torticollis, plagiocephaly, congenital syndromes and metabolic diseases
- developmental delay
- co-ordination difficulties, e.g. developmental coordination disorder
- any other condition where mobility is affected

Contact us

We are happy to discuss whether a referral would be appropriate. Please contact the physiotherapy office base nearest you:

Furness

Child Development Centre
Furness General Hospital
Barrow-in-Furness LA14 4LF
01229 491320

South Lakes

Blackhall Unit
Westmorland General Hospital
Kendal LA9 7RG
01539 739766



Allerdale and Copeland

Footsteps Child Development Centre
West Cumberland Hospital
Hensingham
Whitehaven CA28 8JG
01946 68552

Eden

Physiotherapy Office
Penrith Community Hospital
Bridge Lane
Penrith CA11 8HX
01768 245598

Carlisle

Springboard Child Development Centre
Orton Road
Carlisle CA2 7HE
01228 608160

Confidentiality

'The Trust's vision is to keep your information safe in our hands.'

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890**
E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



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