

Children's Physiotherapy

Phoenix Children's Resource Centre
40 Mason's Hill
Bromley BR2 9JG

0300 330 5777

(Calls charged at local rate)

Long term aims?

The overall aim of physiotherapy is to enable your child or young person to:

- Be able to manage their difficulties independently
- Do it in a fun and sustainable way,
- Enable participation in the local community activities with friends and family.

We hope through this we will be able to progress your child so they are able to attend sessions at your local swimming pool, or an appropriate facility with their friends and family. Your physiotherapist will be able to give you guidance on this.

Please call the Physiotherapy team if you are unable to attend your aquatic therapy session each week on 0300 330 5777 otherwise your slot will be re-allocated.

**Bromley
Healthcare**
better together

The Children's Physiotherapy service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley, Bexley, Croydon, Greenwich and Lewisham.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court
1 Knoll Rise
Orpington BR6 OJA

020 8315 8880

bromh.feedback@nhs.net

bromleyhealthcare.org.uk

Bromley Healthcare Community Interest Company Ltd
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NHS



Aquatic Therapy
Children's Physiotherapy

Aquatic therapy is a form of hydrotherapy that is carried out by a suitably qualified physiotherapist or physiotherapy assistant.

This physiotherapy treatment uses the warmth, buoyancy and resistance of the water to improve children's movement and mobility.

Why have I been given this leaflet?

Your child's physiotherapist has identified that aquatic therapy may be beneficial in your child's treatment. This leaflet explains the reasons why.

How may this benefit my child?

Aquatic therapy may:

- Help your child to achieve things they are unable to do on dry land at the moment.
- Reduce pain that could be limiting participation on dry land.
- Be used as part of rehabilitation post intervention (ie. Botox/surgery).

- Help to maintain cardiovascular fitness which is unachievable on dry land.

Additional benefits may include:

- Physiotherapy that your child may enjoy.
- Offers freedom of movement if your child is not able to move very much due to severe problems affecting their body.
- Improved motivation for exercise.

Your child's physiotherapist will discuss the specific benefits and aims of the session and with your consent their name will then be placed on the waiting list.

Your child's needs will be re-evaluated at the end of the block of sessions.

This will help us know if they would benefit from a further block or if they are able to progress to a swimming pool or land based environment.

Why may my child *not* benefit from aquatic therapy?

There are some specific reasons when aquatic therapy may not be safe for your child. These will be discussed with you.

What will I need to do?

Aquatic therapy is offered in blocks of sessions which last around six weeks. These are available at certain times during the week.

You'll need to be able to commit to bringing your child to all sessions offered. You'll also need to supervise your child during changing and at all times on the poolside.

Important:

- Please let us know as soon as you can if your child's condition changes or if they're unwell and unable to attend.
- If your child is vomiting or has an upset tummy, they shouldn't attend and you should ring the team on **0300 330 5777**.

What do I need to bring?

- Towel and swimming costume
- Drink for after the session

The hydrotherapy pool is at the Phoenix Centre, 40 Mason's Hill, Bromley BR2 9JG.

Hydrotherapy is also available at Marjorie McClure and Riverside Special Schools for children attending there.