



Children's Physiotherapy

The Phoenix Centre
40 Masons 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, with the support of family/carers, to:

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

**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 0JA

020 8315 8880

bromh.feedback@nhs.net

bromleyhealthcare.org.uk

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**Children's
Physiotherapy**

Provided by Bromley Healthcare

Children's Physiotherapy can help your child to achieve their full physical potential through activities that are fun and safe. Play and fun are vital elements of treatment.

Co-operation and enthusiastic involvement from parents/carers is essential to help your child to make the best possible progress.

Benefits of physiotherapy

Physiotherapy can be helpful for a variety of problems or worries you may have about your child. The following list provides examples of when physiotherapy may be needed:

- Developmental delay
- Mobility problems
- Poor posture
- Balance and co-ordination problems
- Neuro-developmental or neuro-muscular problems
- Joint and muscle pain/problems

We can provide advice, guidance and therapy to reduce the impact of any physical difficulties, that affect posture and/or movements that impact on your child's day to day life.

Access to physiotherapy

Your child can be referred to us by your doctor (GP), health visitor, paediatrician or teacher, and by other health care professionals who might be seeing your child. However, you can approach us directly to discuss your concerns.

The service accepts referrals for children and young people registered with a Bromley GP with:

- A musculo-skeletal concern and aged 0-12 years . (Children aged 12 years and over are referred to Beckenham Beacon Physiotherapy.)
- A long term or developmental concern and aged 0 to18.

The service also accepts referrals for children and young people up until the age of 25 with an Education, Health and Care Plan (EHCP) who are in continued education placement in Bromley .

More information on referral criteria can be found at:

bromleyhealthcare.org.uk/childrens-physio

If you are unsure if a referral is appropriate please call: **0300 330 5777**

What to expect?

A qualified physiotherapist will assess your child in the most appropriate environment. This is usually at the Phoenix Children's Resource Centre but could include home, school or pre-school.

If attending the clinic please allow up to 1 hour for your first appointment.

Please be aware that during the assessment your child may need to undress in order for the therapist to examine them fully. For comfort, please ensure that your child wears (or brings with them) shorts and T-shirt/vest top.

The physiotherapist will discuss and plan with you and your child, ways in which physiotherapy can help. For example by providing:

- Advice and discharge
- Individual/group therapy/exercises
- Aquatic therapy
- Provide a home/school programme
- Postural care that may include use of equipment and orthotics (splinting)
- Liaise with other services involved
- Provide advice for Education, Health and Care plans as required.