

CHILDREN'S PHYSIOTHERAPY GUIDANCE 2018 (for pre-school age)

Bow Legs	Physiotherapy NOT INDICATED, exercise does not correct the problem	If severe / painful / asymmetrical see GP to check for other diagnoses Staheli leaflet - What parents should know
Curly Toes	Physiotherapy Referral NOT INDICATED Normal variant that should resolve,	Staheli leaflet - What parents should know If causing symptoms refer to Podiatry
Flat Feet	ASYMPTOMATIC- referral NOT INDICATED	Refer to podiatry only if over 4 years and has pain in feet or lower limbs Or blistering or stiffness in feet Give APCP Flat Feet leaflet
In Toeing / Out toeing	ASYMPTOMATIC- referral NOT INDICATED Generally resolves spontaneously as gait matures (by age 8) During first 6 months of walking gait may be asymmetrical	Staheli leaflet - What Parents should know Refer to physiotherapy if child has walked for 6 months but still has an asymmetrical style
Knock Knees	Physiotherapy NOT INDICATED, normal variant -exercise does not correct the problem	If severe / painful / asymmetrical see GP (Refer on to Orthopaedics) Staheli leaflet - What parents should know
Pes Cavus	Where arch of foot is very high, it is rare but could be related to neurological pathology	Refer to Paediatrician or Orthopaedics
Tip Toe Walking	Intermittent tip-toes: Give BHC tip-toe leaflet for under 5's Consider referral to paediatrician re: neuro-developmental concerns	Refer to physiotherapy if unable to stand with heels down and feet flat, if asymmetrical, or if associated with developmental delay

Hypermobility	Asymptomatic - referral NOT INDICATED	APCP Hypermobility leaflet Symptoms – such as joint pain or significant delayed motor development - YES REFER
Gross Motor Delay	Advise against baby walkers / door bouncers Use a rolled up towel under the chest for supervised tummy time Put a mat on the floor if hard flooring	Refer to physiotherapy if : <ul style="list-style-type: none"> – Poor head control at 3 months – Not sitting securely at 10 ths – Not pulling self to stand 15 mths – Not walking indep at 20 months – Has poor motor sequencing – Has asymmetrical movements – Older child with delayed skills compared to peers
Positional Talipes	Both feet move freely but might posture inwards / outwards	Give BHC Positional Talipes leaflet If not resolving after 6-8 weeks refer to physiotherapy for assessment
Structural Talipes	Fixed foot deformity, not correctable	GP to refer to King's College Hospital for Ponsetti clinic via Orthopaedic team
Obstetric Brachial Plexus Palsy	Yes – refer for assessment ASAP	Specialist advice needed from Physiotherapy
Plagiocephaly / Moulded Head	Referral NOT INDICATED unless combined with torticollis- restricted neck movement	APCP Tummy time leaflet GOSH Plagiocephaly leaflet
Torticollis	Restricted neck movement/ persistent head tilt	Refer promptly to physiotherapy Encourage neck movements to the other side Give tummy time leaflet

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