



Sefton Community Physiotherapy

Information for Families

About the Physiotherapy Service

We are a team of Community Physiotherapists and Assistants who are based across two sites in Sefton. We work with children in a variety of settings including clinics, home, nurseries, mainstream and special schools.



We work with children and young people who are having difficulties with movement which are impacting on their daily life.

We accept referrals from a variety of services including professionals within health and education. We also accept referrals from parents/carers.

How can Physiotherapists help?

We will help children and young people by assessing how the child or young person moves. We will find out what they can do and things that they find difficult, and ask what they have already done to help with their difficulties.

We may assess any or all of the following:

- Patterns and quality of movement
- Developmental progress
- Joint range of movement, muscle tone and muscle strength
- Co-ordination & balance skills
- Posture & gait
- Functional difficulties
- Levels of pain or fatigue and frequency of trips and falls



If the child or young person is experiencing pain and fatigue due to flexible joints, useful information and advice can be found by searching APCP Parent Information Leaflets ' Systematic Hypermobility'. This advice is often sufficient and a physiotherapy assessment not required.

https://apcp.csp.org.uk/system/files/symptomatic_hypermobility_-_2012.pdf

If we accept a referral we will aim to offer an appointment with a Physiotherapist within 18 weeks.

At the first appointment, we will need to gain written consent. It is therefore **essential that a person with parental/ legal responsibility brings the child to the appointment.** If this is not possible, please contact the Physiotherapy Service before the appointment.

What to expect at the assessment?



We will listen to your concerns and work to understand the difficulties your child is experiencing. This can be done through discussion, observation and assessment. We will ask what physical activities the child or young person is already engaged in.

Your child or young person will be asked to carry out a range of physical activities including lying, sitting, standing, jumping. Your child may be challenged during the assessment as we assess what they are able to do and not do.

There is always a slight risk when your child's capability is being tested e.g. losing their balance and falling over when attempting to stand on one leg. However, we will never expect your child to do something that they do not feel confident to try. We are aware that your child is being seen in an unfamiliar environment and that this may affect their performance.

The physiotherapist may need to therapeutically handle your child or young persons' limbs in order to complete the assessment and so your child may need to remove some layers of clothing. We will prepare a report on our findings based on the assessment. This report is usually sent to the referrer and those involved in your child's care e.g. community paediatrician, GP, health visitor, schools. If there is anyone you do not want us to send a copy to please let us know.

Possible outcomes from the assessment:

- Advice and strategies or programmes to be carried out at home and/or school/nursery.
Families will be expected to follow Physiotherapy advice / programmes where provided. This is a really important part of treatment if you want physiotherapy to help with any problems
- Referral to other Professionals for example Occupational Therapy, Community Paediatrician etc.
- Signposting to other services / charities
- Further assessment / investigation of need
- Treatment / intervention by a Physiotherapist or Physiotherapy Assistant
- Provision of equipment
- Discharge



Our Patients matter

If you have any comments or concerns about the service we provide, you can speak with a member of the team directly via the telephone numbers below or contact our Patient Advice and Liaison Service (PALS): ☎ 0151 252 5161 📧 PALS@alderhey.nhs.uk

How to contact us:

Dependent upon where you live, you can contact the Physiotherapy Service in your area. Or visit our website for more information at:

<https://alderhey.nhs.uk/services/physiotherapy/community-physiotherapy-south-sefton>
<https://alderhey.nhs.uk/services/physiotherapy/community-physiotherapy-north-sefton>

North Sefton

Children's Physiotherapy Service
Hoghton Street Clinic
52 Hoghton Street
Southport
PR9 0PN
Tel: 01704 395 895
(Areas covered - L37, PR8, PR9)

South Sefton

Children's Physiotherapy Service
2nd Floor, Sefton Carers Centre
27-37 South Road
Waterloo
L22 5PE
Tel: 0151 252 5729
(Areas covered - L20, L21, L22, L23, L30, L31, L38, Sefton parts of L10)

This leaflet only gives general information. Do not rely on this leaflet alone for information about treatment. This information can be made available in other languages and formats if requested.

Alder Hey Children's NHS Foundation Trust,
Eaton Road, Liverpool, L12 2AP. Tel: 0151 228 4811.

www.alderhey.nhs.uk

