

What is physiotherapy?

Physiotherapy is a healthcare profession that promotes the health and wellbeing of all.

Physiotherapists are responsible for the assessment and physical management of problems due to accident, injury, ageing, disease or disability.



Where can I find a paediatric physiotherapist?

The majority of paediatric physiotherapists work in the NHS – your GP can advise you about local paediatric services and make a referral if appropriate.

Some paediatric physiotherapists work in private practice – you can search for one by using the CSP's online search facility at:

www.physio2U.org.uk

When choosing a paediatric physiotherapist make sure that they have specialist knowledge and experience of treating children and of childhood disabilities, and that they are registered with the Health and Care Professions Council (HCPC). All adults working with children should have DBS Enhanced Disclosure.

What is paediatric physiotherapy?

Paediatric physiotherapy is the treatment and care of babies, children and young people from birth to 19 years.

Paediatric physiotherapists bring their specialist skills as physiotherapists and have additional expert knowledge and experience of child development and of childhood disabilities.



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The Association of Paediatric Chartered Physiotherapists is a Professional Network of the Chartered Society of Physiotherapy (CSP) bringing together paediatric physiotherapists to promote the development of best practice in paediatric physiotherapy.

apcp.csp.org.uk



Association of Paediatric
Chartered Physiotherapists

PHYSIOTHERAPY FOR CHILDREN





What do paediatric physiotherapists do?

Treatment is based upon an assessment of the child's needs and the formation of an individualised approach to physical management to maximise physical potential.

Paediatric physiotherapists recognise the importance of working in partnership with the child, parents and carers to maximise a child's physical abilities and independence.

Working with:

- Parents and carers
- Paediatricians
- Teachers
- School nurses
- GPs
- Social workers
- Occupational Therapists
- Speech and Language Therapists
- Psychologists
- Orthotists
- Dieticians

Conditions Treated

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, for example:

- Neuromuscular disorders e.g. muscular dystrophy
- Acute injuries e.g. fractures, sports injuries
- Neurological conditions e.g. cerebral palsy, head injury
- Respiratory conditions e.g. asthma, cystic fibrosis
- Rheumatological conditions e.g. juvenile idiopathic arthritis
- Congenital disorders e.g. spina bifida, limb deficiencies
- Orthopaedic conditions e.g. talipes, torticollis, plagiocephaly
- Learning difficulties
- Congenital syndromes and metabolic diseases
- Neonatal care
- Developmental delay
- Co-ordination difficulties
- Conditions where mobility is affected
- Burns and plastics

Where do paediatric physiotherapists work?

Paediatric physiotherapists may work in a variety of settings:

- Child's home
- Schools
- Nurseries
- Clinics
- Child Development Centres
- Children's Centres
- Hospitals
- Hospices

Preventative Healthcare

Paediatric physiotherapists may also be involved with promoting health and wellbeing in children through:

- Back care and posture advice
- Activity and exercise programmes

