

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

Contact us

Oxford Health NHS Foundation Trust
Children's Integrated Services
Orchard Health Centre
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If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

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www.ohftnhs.uk/membership



Children's Community
Physiotherapy Service

Physiotherapy for children with Down Syndrome

What is physiotherapy?

Our team of physiotherapists are health professionals who help children with movement problems.

We are part of the integrated therapy services (also including occupational therapy and speech and language therapy).

Why does my child need physiotherapy?

As children's physiotherapists, we can offer advice and activities to promote your child's gross motor skills, such as rolling, sitting, crawling, standing and eventually walking.

We can also offer advice and support with positions for carrying and for handling your child, promoting good posture, strength, balance and function.

What problems might my child experience?

Many children with Down Syndrome have a degree of floppiness of their muscles (hypotonia) and this affects each child to a different degree. Low muscle tone, as well as reduced strength and endurance, make it hard to learn gross motor skills.

Children with Down Syndrome also have increased flexibility in their joints (hypermobility), and you may first notice this in your child's hips as their knees fall to the sides when they are lying on their back.

Children with Down Syndrome also have

short arms and legs relative to the length of their trunk. This makes it harder to prop themselves up when they are learning to sit, or more difficult to climb on furniture.

Some children may have flat feet. If this causes any problems your physiotherapist or GP will refer to the Nuffield Orthopaedic Centre for their specialist advice.

When and where will I see my child's physiotherapist?

Your child may be seen in clinic or at home and your physiotherapist may also visit any local settings your child attends regularly.

We will first see your child within 12 weeks of receipt of referral and offer follow-up appointments one or two months apart. As your child makes progress the frequency of appointments will decrease. We will see your child until they are walking. At this point they will be discharged from the physiotherapy service.

Our service can easily become involved with your child again if needed, for example at transition into school, for a specific new problem or to help suggest activities to achieve new goals.

We can be contacted at any time, between appointments, as we will provide you with all of our contact details.

How you can help

Physical activity will help to promote a child's gross motor skills and increase their muscle strength. They will need lots of stimulation

through handling and play.

Your physiotherapist will provide you with activities to carry out to help your child with their gross motor skills. Repetition and practice will help a child to increase their muscle strength and ability.

Speak to your physiotherapist about any concerns you may have, and come up with ideas together that you and your child will enjoy.

As your child gets older, they will still benefit from plenty of physical activity and exercise. Try to find a sport or physical activity which interests your child and try out a local sports club.

For more information about local sport clubs and activities in Oxfordshire, visit <https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/advice.page?id=Dgiz2OjUmnU>