

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

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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 بتنسيق 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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Children's Community
Physiotherapy Service

Balance

Level 3

Statues: Stand very still on one leg while your partner gently pushes you. Then swap legs.



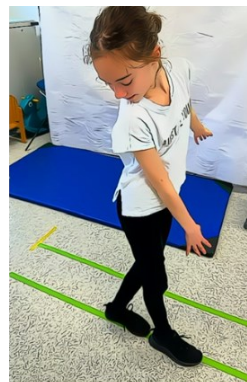
Standing on one leg with your arms folded. Then try with your eyes closed. Then try on a squishy mat.



Get your partner to call out different directions and you hop in the direction they say.



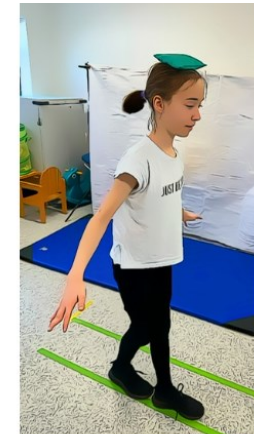
Walk toe to heel backwards in a straight line. You can look behind you to see where you are going. Then try without looking where you're going.



Hop with one leg into squares marked out onto the floor without touching the lines. Try 5 hops and then swap legs.



Play a game of twister.

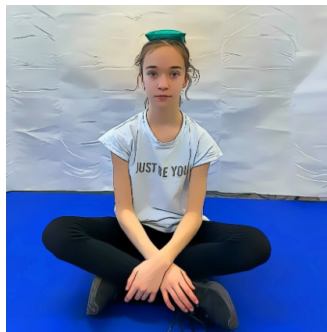


Walk toe to heel backwards in a straight line without looking where you are going with a beanbag on your head.

Do 4 hops and then stop. Now try and hop and stop and then hop and stop, keep going for as long as you can. Then swap legs.



Sit on the floor cross-legged with a beanbag on your head and try to stand up without it falling off.



Stand on one leg and place a tennis ball underneath the other foot. Using your foot roll the ball



Arabesque. See how long you can hold that position for.

