

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
Cope Road
Banbury
Oxon
OX16 2EZ
Telephone: (01865) 904435
Email: [oxonchil-
drens.therapies@oxfordhealth.nhs.uk](mailto:oxonchil-drens.therapies@oxfordhealth.nhs.uk)
Website: www.oxfordhealth.nhs.uk/cit

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

أرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.
আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে Bengali পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
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.

Oxford Health NHS Foundation Trust
Trust Headquarters
Littlemore Mental Health Centre
Sandford Road
Littlemore
Oxford
OX4 4XN

Switchboard: 01865 901 000
Email: enquiries@oxfordhealth.nhs.uk
Website: www.oxfordhealth.nhs.uk

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NHS

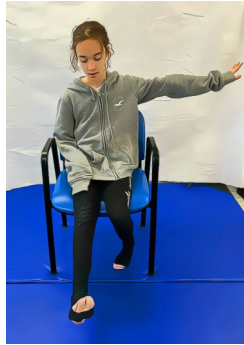
Oxford Health
NHS Foundation Trust



Children's Community
Physiotherapy Service

Coordination Level 2

Sitting in a chair, straighten one leg in front of you and lift the opposite arm to the side. Repeat both sides.



Lie on your back, and pedal your legs. Clap your hands, bringing them out to the sides between each clap.



In standing, alternate lifting one arm up and one down at the same time.



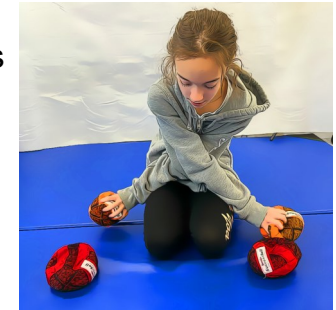
In 4-point kneeling bring your elbow to the opposite knee. Repeat both sides.



Star jumps.



In sitting, swap balls from each side using both hands at the same time.



Draw circles with one hand and vertical lines with the other in the air. Swap hands.



Reverse snow angels: Bring your arms down when you move your legs out, and arms up when you bring your legs in.



Hopscotch.



Pat your head and rub your tummy at the same time. Swap hands.



A sailor went to sea-sea-sea with a partner.



Unilateral spotty dogs: Jump to alternate placing your left arm and leg out in front of you, and your right arm and leg.

