

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

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.

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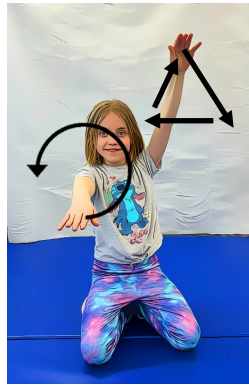
Oxford Health
NHS Foundation Trust



Children's Community
Physiotherapy Service

Coordination Level 3

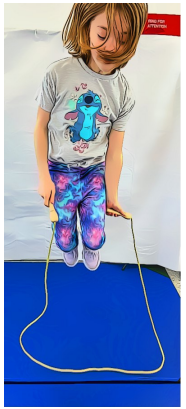
Draw a circle with one hand and a triangle with the other hand in the air.



Draw a square with one hand and a circle with the other hand in the air.



Skipping with a rope.



Spotty dogs: jump to alternate between stretching your left arm and right leg out in front, to your right arm and left leg



Sit on a gym ball, close your eyes and bring your opposite knee to opposite hand. Repeat with your other leg and hand.



Fast high-knees alternating between reaching to each side with both arms.



Criss cross jumping: jump between crossing your legs over each other and to hip width apart, alternating which leg is in front.



Fast high-knees tapping your opposite hand to opposite knee



Skaters: Jump to your right landing with your right foot out in front and your left leg supporting behind, with your left arm forwards. Repeat, but jumping to the left. Alternate jumping to each side as fast as you can.



Bird dog pose: in 4-point kneeling, reach out your left arm and right leg. Change arm and leg.



Grapevine:



Mountain climbers: In high plank, quickly bring opposite knee to opposite elbow.

