

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

Core Strength Level 3

Single leg bridging: Lie on your back with one knee bent and one extended, then push your hips up. Repeat on each leg.



Dead Bugs: Lie on your back with your arms and legs in the air, knees bent. Alternate lowering opposite arm and opposite leg to just above the floor.



Flutter kicks: Lie on your back, raise your legs and kick them up and down.



Sit on a gym ball, close your eyes and lift one leg up.



Lie on your back with your hips and knees bent and your hands by your head, lift your shoulders off the floor and hold for 3 seconds.



Leg raises: Lie on your back and raise your legs keeping them as straight as you can before lowering them to just above the floor. Repeat.



Hold a plank for 10-20 seconds.



Mountain climbers: In a high plank position, bring your opposite knee to the opposite elbow and repeat.



Bunny hops over a bench: In a high plank position keeping your hands on the floor, jump your feet over a bench.



Crab football: In a crab position, try to kick a football between two goal posts.



Bird-Dog: In 4-point kneeling reach one arm out in front of you and raise your opposite leg.



Prop yourself up on your arm in a side plank. Repeat on the other side.

