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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Arabic يُرجى الاتصال بنا إذا كنتم تر عبون في الحصول على المعلومات بلغة أخرى أو بتنسيق مختلف. المعلومات بلغة أخرى أو بتنسيق مختلف. আপনি এই তখ্য অন্য ভাষায় বা আলাদা আকারে Bengali পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন। اگر آپ يہ معلومات ديگر زبان يا مختلف فارميٹ ميں چاہتے ہيں تو برائے مہرباتی 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 formacje, skontaktuj sie z nami.

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

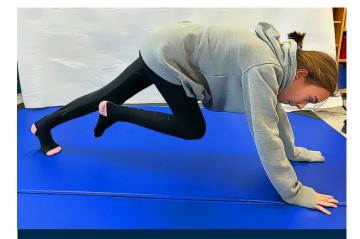
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Core Strength Level 3

Children's Community

Physiotherapy Service

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 4point 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.

