

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
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 بتنسيق 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

Become a member of our Foundation Trust
www.ohftnhs.uk/membership



Children's Community
Physiotherapy Service

Core Strength Level 2

Maintain crab position for as long as you can.



Crab walking: walk around in crab position



In a plank position, walk your feet round in a circle around your hands.



Sit on a gym ball and have your partner gently push you in different directions. Don't let them push you off.



Kneeling push ups.



Wheelbarrow: Have your partner or a gym ball lift your legs, then use your hands to walk forwards and backwards.



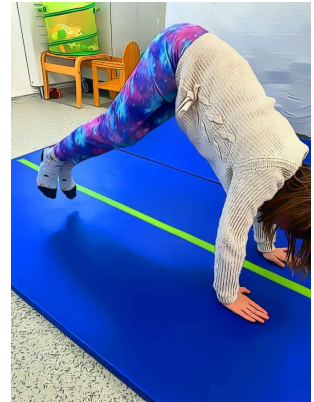
Lie on your back in a table top position and hold a ball on top of your shins.



In half high kneeling, don't let your partner push you over.



Bunny hops over a line: In a high plank position, keep your hands on the floor and jump your feet over a line.



Trunk extension: Lie on your front then lift your legs, head, and arms up and out in front of you.



Walk-out plank: from standing, bend over and walk your hands out into plank position.

Bicycle crunches: Lie on your back and bring your right elbow to your left knee, then your left elbow to your right knee.

