

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

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.

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



Oxford Health
NHS Foundation Trust



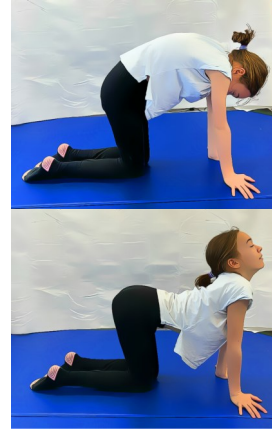
Children's Community
Physiotherapy Service

Core Strength Level 1

Lie on your back with your hips and knees bent, lifting your hips up into a bridge.



Cat cow: kneeling on all fours, arch your back away from the floor and tuck your chin to your chest, then curve your spine to push your tummy towards the floor and look up. Repeat.



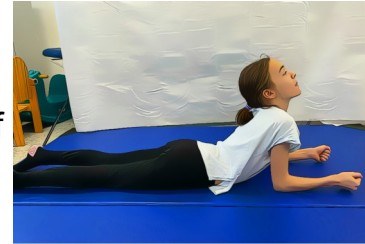
Static Cycling: Lying on your back, bend your hips and knees to right angles and pedal your legs.



Sit on a gym ball and rock forwards, backwards, side-to-side.



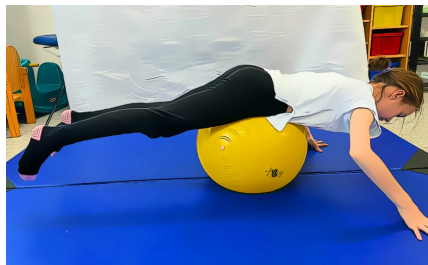
Sea Lion: lie on your stomach and prop yourself up on your fore-arms.



Lie on your back with your knees bent and try to lift your head and shoulders up off the floor to touch your knees.



Lie on your front over a gym ball and try to hold yourself still.



Bear walking: On your hands and feet push your bottom in the air and walk around.



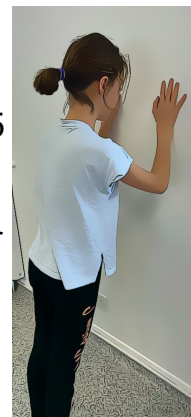
Stand with your back to a table and twist to the left to pick up an object from the table. Twist to the right and put down the object. Repeat from both sides.



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



Wall push ups: Stand at a 45 degree angle to a wall with your hands against it and arms straight then bend your elbows keeping your back straight to do a push up.



Lie on your back and hug your knees to your chest.

