

Comments or complaints

Hertfordshire Community NHS Trust offer high quality services and aim to be as helpful as possible. If however you are dissatisfied by our service then we would like to know so that we can make improvements.

Please contact either:

Patient Advice and Liaison Service (PALS)

Tel: **0800 011 6113**

10am to 2pm, Monday to Friday

Messages can be left outside these hours.

Email: pals.hchs@nhs.net

Patient Experience Team

Tel: **01707 388164**

9.30am to 4pm, Monday to Friday

Messages can be left outside these hours

Email: complaints.hchs@nhs.net



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Unit 1a Howard Court
14 Tewin Road
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AL7 1BW

Telephone: 01707 388000

Fax: 01707 321840

Email: communications@hchs.nhs.uk

Web: www.hertschs.nhs.uk

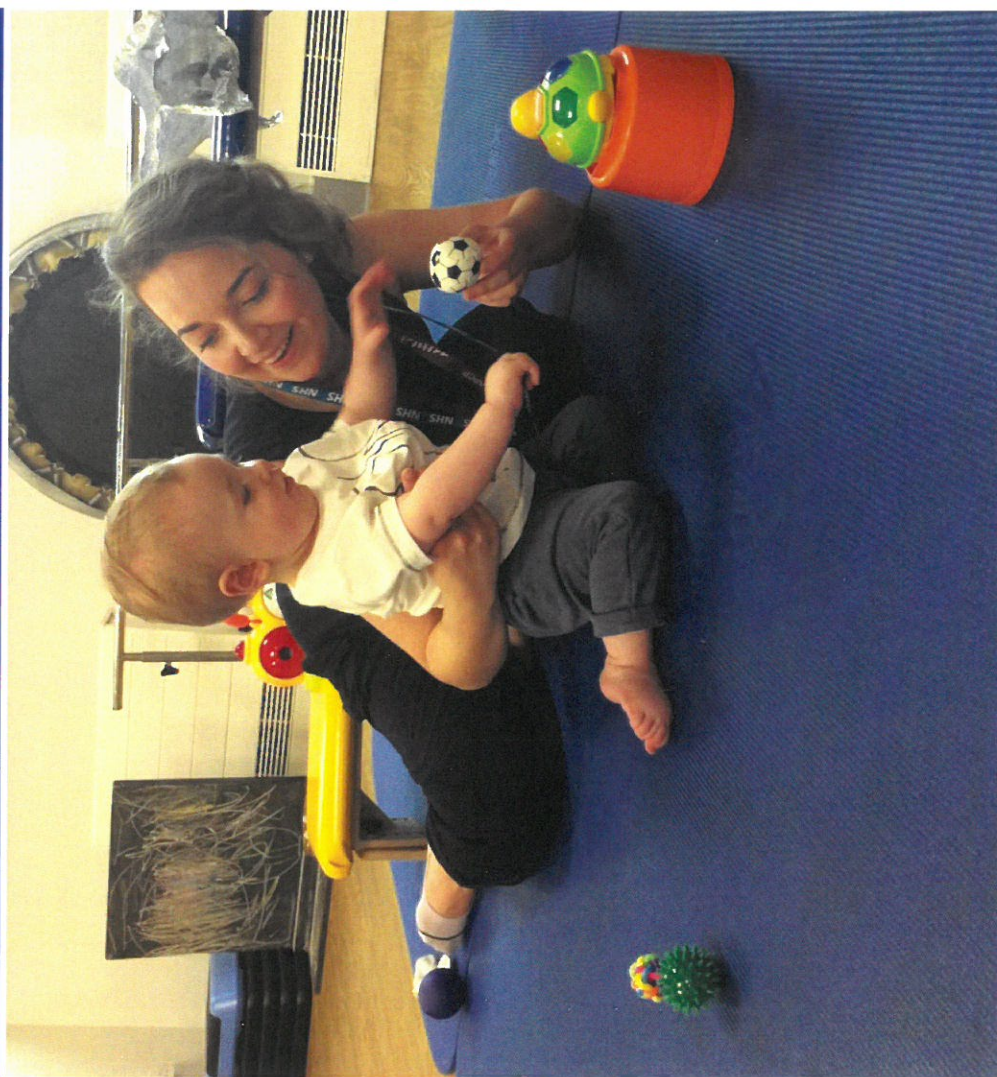
If you would like a copy of this document in LARGE PRINT, Braille or audio tape, or would like this information explained in your own language, please contact 01707 388148

*Proud to
care for you*



Hertfordshire Community
NHS Trust

Long Term Conditions Physiotherapy Information for Children, Parents and Carers



You have been handed this leaflet as your child's episode of care has ended. The advice contained in this leaflet shall help guide you on how to independently manage your child's condition and how to gain further advice/ support should you require it.

How to help your child:

- Encourage regular activity to help keep your child fit and strong.
- Follow all advice given to you by your Physiotherapist with regards to the ongoing physical management of your child.
- Please keep us informed of any changes to your child's management following appointments at their Tertiary Centre.

Take photos / videos monthly to help you compare your child's posture and walking. To help you see their muscles/spine it is best for your child to wear shorts and if happy to remove their top.

Look

- Regularly look at your child's back posture to check if they are leaning to one side or if you see any changes to the shape of their spine.
- Watch your child walking to see any changes, for example more up on their toes, limping, leaning etc.
- When your child is standing measure the space between their heel and the floor- look for any changes

Feel:

- Are you or your child having difficulties putting on their orthotics / splints?
- Do you feel increased tightness when moving their joints, e.g. their ankle?

Listen:

- Is your child complaining of pain or increased tiredness?



What to do next

If the splints are broken, worn or outgrown (toes at the end of the splint, or causing any pain) then please contact your local orthotics service for a review of the splints

on _____.

If you notice tightness, changes in posture or feel that the exercises are no longer helping your child, please contact your local child development centre to talk to a physiotherapist.

Review clinics are run regularly across Hertfordshire. If your Physiotherapist feels you need a review then you will be offered the next available appointment at one of these centres. You will not need to seek a new referral if your reason for contacting us is related to your child's initial referral to the service.

Peace Children's Centre Watford 01923 470632	Marlowes Health and Wellbeing Centre Hemel Hempstead 01442 275681
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St Albans Child Development Centre
01727 891100

Danestrete Child Development Centre Stevenage 01438 737782	Bull Plain Clinic Hertford 01992 528102
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Useful contacts and website

Hertfordshire Equipment Service (HES) -to collect any unused equipment or for repairs of equipment) 01707 292555

Millbrook HealthCare (for repairs or reassessment of a wheelchair)
0333 234 0303

<http://www.nhs.uk/change4life/Pages/change-for-life.aspx> - website that offers advice on getting active and a healthy lifestyle.

<https://www.kids.org.uk/hub-> website that offers support and has a directory of local services and inclusive activities.