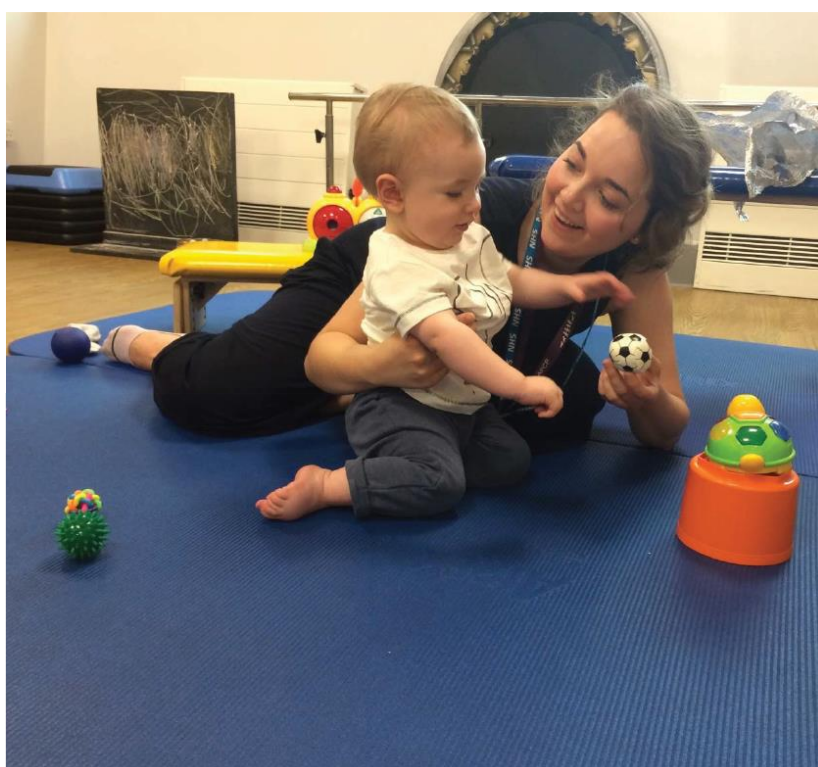


# Children's Physiotherapy Long Term Condition's Clinic

*Information for parents and carers*



## Hertfordshire Community NHS Trust

Unit 1a Howard Court  
14 Tewin Road  
Welwyn Garden City  
Hertfordshire  
AL7 1BW

**Telephone:** 01707 388000

**Web:** [www.hct.nhs.uk](http://www.hct.nhs.uk)



**You have been given 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:

Watford (Jackett's Field) 01923 378150

St Albans, Harpenden and Dacorum 01923 470680 option 3

Lister Hospital / QE2 Hospital 01438 286084

Herts & Essex Hospital 01279 827499

If you notice tightness, changes in posture or feel that the exercises are no longer helping your child, please contact on our **advice line on 01923 470680 option 3** to talk to one of our physiotherapists. Review clinics are run regularly across Hertfordshire. If the Physiotherapist feels you need a review, then you will be offered the next available appointment at one of these clinics. 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.



## Useful contacts and websites

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

AJM Healthcare (for repairs or reassessment of a wheelchair):  
0808 175 3040

<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.

## For all enquiries

Please contact:

### Children's Physiotherapy Service

**Tel:** 01923 470 680 option 3

**Email:** [hct.cyptherapies1@nhs.net](mailto:hct.cyptherapies1@nhs.net)

**Website:** <https://www.hct.nhs.uk/our-services-and-referral-information/our-services-a-z/childrens-physiotherapy/>

## We love getting your feedback

We want to know what is working well, and what may need improving. We do not identify people who give feedback and always ask permission to share their stories.

Whether you want confidential help and advice, have a comment, compliment, concern, or complaint, you can contact:

### Patient Advice and Liaison Service (PALS)

**Tel:** 0800 011 6113

*(10:00am to 2:00pm, Monday to Friday. Messages can be left outside these hours.)*

**Email:** [pals.hchs@nhs.net](mailto:pals.hchs@nhs.net)

