

# Physiotherapy (Physio)



## What is Physiotherapy (Physio) and how can it help?

Physiotherapy, physio as its often referred to, is an area of health that help people to manage or improve their movement. This service helps with a wide range of things from recovery after surgery or injury, to improving the physical skills of those born with certain conditions. Physio can help with bones, muscles, breathing, and nervous system issues. Some children who benefit from physio have short-term needs that, with help and support, will fade with time. Other children may have long-term or lifelong needs and physiotherapy may be part of their longer term support. Physio will often work with other similar professionals like speech and language therapists or occupational therapists to meet a child's needs. Physio can also help parent carers who have injuries needing treatment. This is a free NHS Service. There are private Physiotherapists who charge for the same services.

## How do I request Physiotherapy?

Referral to the free NHS Service is usually via school, your GP: [www.eoemskservice.nhs.uk](http://www.eoemskservice.nhs.uk)

## Who can help?

- Start with your child's teacher / SENCo or your GP and tell them what is worrying you. They can check a number of things to see if they can work out what your child finds difficult. They may seek further help from an Physiotherapist or make a referral to the service.
- You can find things that will help you develop your child's skills and videos to help you on Cambridgeshire's Physiotherapy pages: <https://www.cambscommunityservices.nhs.uk/what-we-do/children-young-people-health-services-cambridgeshire/specialist-services/children's-physiotherapy-service>
- The best thing you can do is to talk to the professionals and work together to help your child learn and develop.

## Where to find out more on website:

[hwww.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk) and look under Useful Information