

PHYSIOTHERAPY

- We provide specialist Physiotherapy assessment and rehabilitation for adults and children with neurological impairments or complex presentations, including spinal cord injury and amputation.
- We provide high quality Physiotherapy reports including detailed recommendations for rehabilitation and mobility equipment provision. We provide detailed update reports at regular intervals, where required.
- We listen to our clients, their families and other people who are important to them, to understand their movement problems, assess to identifying the source of the movement problem and work with clients to develop their goals.
- We provide targeted exercise and rehabilitation programmes and re-evaluate progress at regular intervals.
- We work as part of the wider rehabilitation team and will work with you at home, in the community, in school, further and higher education and in the workplace.
- We work, as part of a wider team, with children and young people with special education needs (SEN) to support their education and development
- We help clients to improve muscle strength, muscle stretches, postural re-education, joint range of motion, mobility, balance and coordination.
- We can assess respiratory function and advise on airways management, including prevention of and promoting recovery from chest infection.
- We can assess and treat sensory dysfunction which impacts on movement and health.
- We can assess and treat to minimise the impact of spasticity and dystonia.

- We are able to assess vestibular dysfunction and provide rehabilitation programmes to minimise balance dysfunction.
- We assess mobility and advise on appropriate moving and handling strategies and equipment to support and develop independence.
- We undertake postural assessment and can advise on 24 hour postural management including seating and sleep systems.
- We can provide therapy programmes including hydrotherapy, rebound therapy, floor or bed based programmes, gym based programmes and generalise activity plans. We can advise on hippotherapy, pilates and other methods of physical rehabilitation.
- We work closely with partners who specialise in technical solutions for walking and mobility, such as orthotic management, movement analysis, prosthetic training and provision, zero gravity support for gait re-education, robotic devices and functional electrical stimulation (FES).
- We work with clients and, where appropriate, their families and support workers, to identify ways of becoming more active, promoting physical health, maintaining healthy weight and find acceptable ways of exercising.
- We work with local exercise professionals and exercise providers to support rehabilitation programmes, engagement in activity and promote exercise.
- We help clients to find opportunities to engage in activity and exercise in their local community and support them to maintain this
- We coach family members, carers and support workers to assist with home exercise programmes