

Physiotherapy (PT)

A paediatric physiotherapist has expertise in anatomy and physiology, as well as an expert understanding of child development, and uses this to assess and treat children with a variety of health conditions.

Paediatric physiotherapy is the treatment of musculoskeletal issues, developmental issues and other injuries in children, it focuses on problems that may inhibit the motor function and movement of children as they grow.



Who can access Physiotherapy?

Our Physiotherapists work with people of all ages. Developmental issues in babies and toddlers could actually be the result of physical issues and musculoskeletal problems, so early intervention is recommended as the sooner we work to correct developmental issues, the easier they can be resolved.

Among other things, physiotherapists support to children, young people and adults with:

- Gross motor skills
- Musculoskeletal problems
- Concerns about movement
- Coordination
- Breathing exercises
- Pain relief
- Musculoskeletal development
- Motor impairment
- Torticollis
- Orthopaedic issues
- Post-surgery rehabilitation
- Developmental challenges
- Coordination issues
- Autism Spectrum Disorder
- Cerebral palsy
- Hydrotherapy

What does Physiotherapy at Hessel Group look like?

Our Physiotherapists specialise in the assessment and treatment of infants and children and can assist in many aspects of your child's physical and neurological development. We can assist in developing a play-based intervention program to help your child achieve the best outcomes. Treatment aims to optimise the health, well-being, and abilities of each child to enable them to move and participate in everyday activities, like playing, learning, going to school, and being part of a family and community.

Assessments in pediatric care can be more thorough than with adult practices. With adults, there is a clear idea of a problem due to

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the injury or a referral from a doctor. With babies and toddlers, the problem isn't always so obvious and therefore our Physiotherapists will look at motor skills more generally, not just the area causing the most concern so there is a better chance of spotting additional issues, making a diagnosis and creating a treatment plan.

A treatment plan can take many different forms, with a range of possible solutions in place e.g. a clear action plan of exercises or equipment and assistive technology to correct the alignment of muscles or posture.

Our Paediatric services include the assessment and management of the following:

- Asymmetrical head shape/torticollis
- Developmental hip dysplasia, including the application of Pavlik harnesses
- Congenital orthopaedic problems including positional talipes
- Delayed milestones such as delayed sitting, standing or walking
- Hypermobility and low tone
- Clumsiness
- Toe walking
- Gait assessment in older children
- Postural problems in children (e.g. leg length discrepancies, bow legs, pronating feet, knock knees, pigeon toes)
- Musculoskeletal and sports injuries in children and return to sport
- Growing pains

- Post-operative rehabilitation following surgery (e.g. tendon release) including wound care, graded exercise programs and return to sport
- Fractures including splinting and casting and the application of orthopaedic braces and boots as indicated

How long are sessions?

Therapy sessions are typically 1 hour in duration and can occur in our clinic, the Aquatic Centre, the client's home, educational facility or workplace. Sessions can occur as frequently as required, but in most cases, this is either weekly or fortnightly.