

PHYSIOTHERAPY FOR CHILDREN

What is a Paediatric Physiotherapist?

A Chartered Physiotherapist is a health care professional who works closely within a multi-disciplinary team, having completed a four year degree course and become a member of the Irish Society of Chartered Physiotherapists. Following this some physiotherapists choose to specialise in Paediatrics - that is, the treatment and care of children from birth to eighteen years.

How do Chartered Physiotherapists help Children?

Treatment given by a chartered physiotherapist is based on an accurate assessment of the child, followed by an individual treatment programme. This treatment programme includes explanation and instruction, as appropriate, to the child, the child's parents and those responsible for the child's development.

Paediatric practice takes into account the fact that the child is not a small adult but a developing human being. To become a fully integrated and mature person and child must develop a vast array of skills, both personal and social, to which many factors contribute. Children's physical and mental potential, the family and the environment are of prime importance.

Where do Paediatric Physiotherapists work?

Paediatric physiotherapists work in many different settings such as hospitals, clinics, special schools, educational and developmental centres and the child's home.

What conditions can be treated by a Paediatric Physiotherapist?

Paediatric Physiotherapists treat many conditions similar to those in general physiotherapy practice. However, there are many conditions which are related almost entirely to paediatrics. Some of these are recognised at birth, others may become apparent later in the child's life.

Conditions common to Paediatric Practice include:

- Torticollis
- Respiratory Care
- Spina Bifida
- Progressive neuromuscular disorders
- Learning difficulties
- Tallpes equinovarus
- Postural Problems
- Congenital absence / shortening of limbs
- Erbs Palsy
- Cystic Fibrosis
- Development delay
- Cerebral palsy
- Hydrocephalus
- Motor dysfunction
- Congenital syndromes
- Arthrogyrosis
- Osteochondritis
- Trauma / Injury
- Orthopaedics
- Burns and Plastics