Useful Information

Please signpost families to the QR codes prior to considering a referral.

1. Gross Motor Development

Awake Time

Lying To Sitting

Tummy Time Ideas

Bottom Shuffling

Baby Walkers

Head Turning and Plagiocephaly

Postural Management

2. Normal Variants

Intoeing Gait

Flat Feet

Useful Information

3. MSK Conditions

Osgood Schlatter

Severs

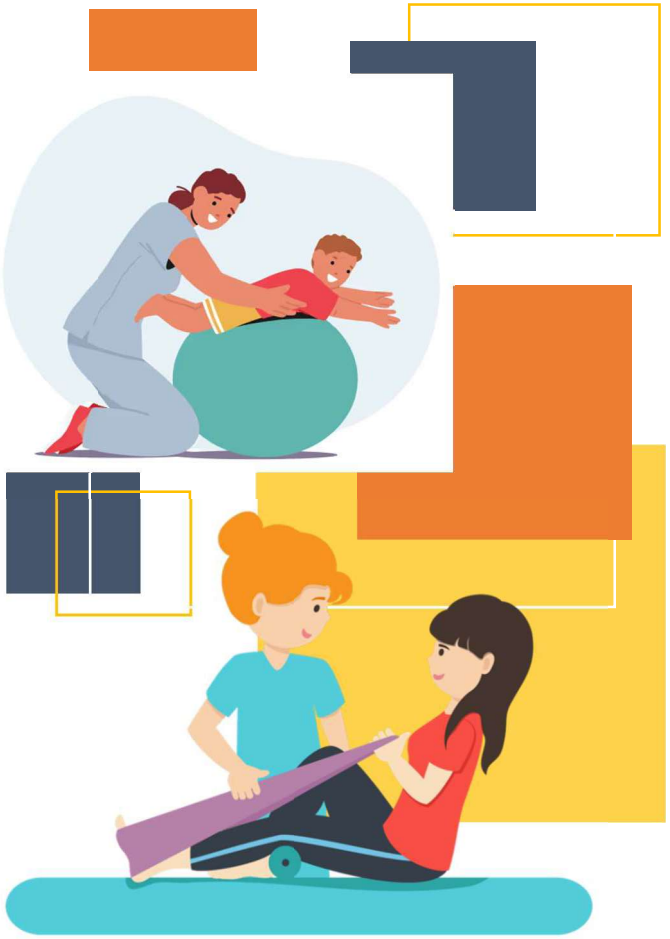
Hypermobility

Positional Talipes

Muscle, Bones and Joints

SCS Specialist Children's Services

NHS Greater Glasgow and Clyde



Paediatric Physiotherapy

West Dunbartonshire

Specialist Children's Services

*This information is available in alternative formats if required.

Paediatric Physiotherapy

The Physiotherapy Team consists of Physiotherapists and Physiotherapy Clinical Support Workers.

All NHS Physiotherapists are registered with Health & Care Professionals Council (HCPC).

Physiotherapists work together with children, young people, their families and others involved in their care to support children and young people in reaching their physical potential.

We are based at Acorn Centre, Vale of Leven Hospital, Alexandria, G83 0UA.

Acorn Centre telephone: 01389 817 367

hcpc health & care professions council

We can offer advice and support for the following

- Help to reach developmental milestones, e.g. rolling, sitting up, standing, walking.
- Neurological, neuromuscular and other clinical conditions, e.g. Cerebral Palsy, Muscular Dystrophy, Spinal Bifida.
- Musculoskeletal (MSK) conditions which include muscle and joint problems, injuries, pain and growth related conditions.

Accessing our Service

1. Advice Line

Every THURSDAY 2-4pm

01389 817 246

A Paediatric Physiotherapist will be available to answer your questions. We can offer advice and signposting to promote early intervention for many conditions.

2. QR Codes

We encourage you to signpost your families to the list of **QR codes** at the back of this leaflet for early management of the most common conditions.

3. Referrals

We can also accept paper referrals via SCI Gateway, and inbound referrals via EMIS.

Please send MSK referrals aged 14 YEARS OLD AND ABOVE to Adult MSK Physiotherapy Services.

Useful links

KIDS for Families
https://www.rhcg.org.uk/kids-for-families/?searchTerm=KIDS

NHS RHCG 'Muscle, Bones and Joints'
https://www.rhcg.org.uk/kids-for-families/im-concerned-about/muscle-bones-and-joints/

NHS inform 'Children and young people's muscle, bone and joints'
https://www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints/children-and-young-peoples-muscle-bone-and-joints

APCP parent leaflets
https://apcp.csp.org.uk/parent-leaflets

Scottish Disability Sport
https://scottishdisabilitysport.com/about-sds/