

Physiotherapy

Paediatric physiotherapists work with people of varying ages from premature babies to adolescents to ensure optimal physical function and development. Like all physiotherapists, they are concerned with movement, co-ordination, posture and the cardiorespiratory system. The aim of the paediatric physiotherapist is to provide a program that the client will enjoy, while encouraging them to participate and become independent.

Paediatric physiotherapists aim to minimise the effects of physical impairment to promote optimum function and musculoskeletal development. Advice on activities and stretches offered by the physiotherapist can assist in maintaining full range of movement and prevention of contracture.

Vital Health provides assessment, treatment and programs to any child aged from the newborn to young adults. Vital Health Physiotherapists work collaboratively with other health professionals to ensure children are reaching optimal outcomes.

Your child may have problems which are orthopaedic, neurological or cardiothoracic in nature. For example your child may present with:

❖	Cerebral Palsy – from mild hemiplegia to severe quadriplegia
❖	Developmental delay – due to hypotonia with or without diagnosis, may be gross motor or global
❖	Syndrome or other genetic conditions
❖	Spina Bifida and neural tube defects
❖	Muscular dystrophy and spinal muscular atrophy
❖	Brachial plexus lesions
❖	Juvenile Chronic Arthritis (JCA)
❖	Visual handicaps



❖	Respiratory problems – torticollis, scoliosis, talipes, metatarsus adductus, or idiopathic toe walkers
❖	Respiratory problems such as cystic fibrosis or asthma
❖	Acquired brain injury and spinal injury
❖	Neurological diseases
❖	Chronic pain
❖	Limb deficiency conditions
❖	Premature babies with dystonia
❖	Postural problems torticollis, scoliosis, talipes, metatarsus, or idiopathic toe walkers