



**For further information  
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# Physiotherapy



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**ChildVision**

National Education Centre for Blind Children

**What is the role of the physiotherapist at ChildVision?** The physiotherapist aims to facilitate normal gross motor development in children. A child with a visual impairment may present with delay in attaining gross motor skills for example rolling, sitting and walking and some children may also have an additional physical or learning disability which has an effect on the development of their gross motor skills (e.g. sitting, crawling, walking).



The physiotherapist works with the child and his/her carers to enable the child to be as mobile and as independent as possible. The physiotherapist also aims to prevent the occurrence of musculoskeletal disorders including joint stiffness.



### What does physiotherapy involve?

Physiotherapy input varies for each child and goals are formed and programmes are issued following a thorough assessment of each child. Physiotherapy can include the following, depending on the needs of the child:



Developing balance, postural control, co-ordination and normal movement patterns using a sensory-motor approach.

Strengthening, mobilising and training balance and co-ordination.

Postural management and assessment for and fitting of equipment including standing frames, walkers and sleep systems.

Rehabilitation is also provided post Botulinum Toxin injections and orthopaedic surgery.



Chest physiotherapy for respiratory conditions Rebound Therapy (Therapeutic use of the trampoline)

Liaising with a child's physiotherapist and medical teams within other services and referring on for orthopaedic and orthotic assessments

Support service to children with a visual impairment nationwide



### Who receives input from the physiotherapy department?

The Physiotherapy Department provides input to service users at ChildVision within the pre-school, primary school, secondary school and Lifelong Learning units as required.

The physiotherapist is also involved in the ChildVision multidisciplinary team assessment service which provides an assessment and support service to children with a visual impairment nationwide.



### How is physiotherapy delivered?

Physiotherapy at ChildVision is delivered in different formats depending on the needs of the child. It may be delivered as:

- Individual sessions
- Group sessions
- Sessions with parents
- Sessions with teaching and classroom staff

