

Your guide to physiotherapy

What does a Physiotherapist do?

Physiotherapists use lots of different treatments to help people manage symptoms like pain, muscle weakness, stiffness and difficulty moving.

How do you help?

Our Physiotherapist has experience working with babies, children and young adults with complex medical needs and can work with you and your child to support them.

As part of your care, we can give you advice on positioning, handling, treatment and equipment and we can build this into our activities and play sessions. We can also reach out to your child's other healthcare professionals to make sure they have all the resources they need as part of their ongoing care.



"When we met Lesley, the Physiotherapist, she told us everything we needed to know. In one session she helped us understand so much more about Daniel and how his body works."

Jodie, Daniel's mum

For more information, contact Lesley, our Physiotherapist, on 01909 517 360.



You can also check out our Instagram at 'BluebellwoodCH' to have a look at what we've been getting up to.

**Bluebell
Wood**
CHILDREN'S HOSPICE

