For further information talk to your physiotherapist or contact

E: childrens.physiotherapy@oxfordhealth.nhs.uk
T: 01865 231988

We welcome any comments or feedback you have of our service. Please email us at:
oxonchildrens.therapies@oxfordhealth.nhs.uk

Please note: If you have specific queries relating to your child please contact your therapist directly.

References:
Early Support Information for parents, Down Syndrome

Concerns and complaints
We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the PALS and complaints team on:

Freephone: 0800 328 7971
E: PALS@oxfordhealth.nhs.uk

Oxford Health NHS Foundation Trust
Trust Headquarters
Warneford Hospital
Warneford Lane
Headington
Oxford
OX3 7JX

Switchboard: 01865 741 717
Email: enquiries@oxfordhealth.nhs.uk
Website: www.oxfordhealth.nhs.uk

Image courtesy of GaborfromHungary via morguefile.com

If you need the information in another language or format please ask us
Children with Down Syndrome also have increased flexibility in their joints (hypermobility), and you may first notice this in your child’s hips as their knees fall to the sides when they are lying on their back.

Children with Down Syndrome also have short arms and legs relative to the length of their trunk. This makes it harder to prop themselves up when they are learning to sit, or more difficult to climb on furniture.

Some children may have flat feet. If this causes any problems your physiotherapist or GP will refer to the Nuffield Orthopaedic Centre for their specialist advice.

When and where will I see my child’s physiotherapist?

Your child may be seen in clinic or at home and your physiotherapist may also visit any local settings your child attends regularly.

We will first see your child between six and eight months of age and offer follow-up appointments one or two months apart. We will see your child until they are walking confidently. At this point they will be discharged from the physiotherapy service.

Our service can easily become involved with your child again if needed, for example at transition into school, for a specific new problem or to help suggest activities to achieve new goals.

We can be contacted at any time, between appointments, as we will provide you with all of our contact details.

How you can help

Physical activity will help to promote a child’s gross motor skills and increase their muscle strength. They will need lots of stimulation through handling and play.

Your physiotherapist will provide you with activities to carry out to help your child with their gross motor skills. Repetition and practice will help a child to increase their muscle strength and ability.

Speak to your physiotherapist about any concerns you may have, and come up with ideas together that you and your child will enjoy.

As your child gets older, they will still benefit from plenty of physical activity and exercise. Try to find a sport or physical activity which interests your child and try out a local sports club.

For more information about local sport clubs and activities in Oxfordshire, visit www.oxfordsport.org/disability-sports