Physiotherapy Assessment Information Guide for Children

Helping you and your child understand what to expect before, during and after the assessment.

Supporting movement and participation

Paediatric physiotherapy helps children whose movement difficulties may affect development and everyday life. We support strength, balance, coordination, endurance, posture and movement so children can participate as independently and confidently as possible.

Preparing for the assessment

Complete the Physiotherapy intake form and return it at least two working days before the assessment. Please include relevant health, developmental and school information.

- Wear shorts with a vest or crop top where appropriate, or loose clothing that allows free movement
- Bring your child's regular footwear
- Bring any orthotics, including insoles
- Tell us about adjustments that would help your child feel comfortable

Comfortable clothing and your child's usual footwear help the physiotherapist observe posture, movement and walking accurately.

The assessment

The appointment is tailored to your child's needs, priorities and the questions the assessment is intended to answer.

What to expect

A physiotherapy assessment is usually one hour. The physiotherapist may observe movement, posture, walking, balance, coordination, strength, endurance and functional skills using age-appropriate activities.

If your assessment package includes a report, it is normally provided within three weeks. Education, Health and Care Plan reports are more comprehensive and may take 6-8 weeks.

Following the assessment, the physiotherapist will provide a brief summary of findings and the proposed intervention plan to your child's referrer, consultant or GP. Please tell us if there is anyone you do not want us to contact.

Parent participation

Parents usually join the assessment and often participate in treatment sessions. During a formal standardised assessment, such as the BOT-2, the physiotherapist may ask the child to work independently. You will still have time to discuss concerns before and after the assessment.

Parents are encouraged to attend the final 10-15 minutes of treatment sessions so home exercises can be demonstrated and practised safely.

Follow-up physiotherapy sessions

Therapy uses enjoyable, purposeful activities to challenge movement skills and build confidence.

What sessions may include

Activities and equipment are selected around your child's goals. Sessions may use gym balls for core stability, wobble cushions for balance, games, strengthening activities and obstacle courses for motor planning and coordination.

How long will physiotherapy continue?

We often begin with a block of 8-12 weekly sessions lasting approximately 45-60 minutes. Positive changes are commonly expected after 6-8 weeks when the home exercise programme is followed and your child remains well.

Children with complex or neurological needs may require a longer period of therapy. Progress is regularly reviewed, and next steps may include another block, review sessions, a home exercise programme or discharge.

Clinical session time: The final part of an appointment supports clinical reflection, notes, parent feedback and preparing the room and equipment.

Meet our physiotherapy team

Your child will usually work with the same physiotherapist throughout their treatment block.



Michelle



Silvia



Rhiannon



Madison

If cover is needed because of illness or another unexpected circumstance, we will discuss this with you and arrange another physiotherapist according to availability.

Questions?
Contact our team on 0208 605 2050 or email info@therapy4kids.co.uk. We are happy to explain what happens next.

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