Physiotherapy Information Guide for Babies

Helping you and your baby feel comfortable, prepared and supported before the assessment.

Supporting early movement and development

Paediatric physiotherapy supports babies whose movement challenges may affect their development. We look at the variety and quality of movement patterns and help babies build the foundations for gross motor skills and participation.

Our goal is to support your baby's development and independence through practical, playful activities that fit their individual needs.

Preparing for the assessment

Complete the Physiotherapy intake form as thoroughly as possible and return it at least two working days before the assessment. Dress your baby in a comfortable bodysuit so the physiotherapist can observe movement freely.

- Feed your baby at least 30 minutes before the appointment where possible
- Aim for your baby to be well-rested
- Bring favourite toys that may help engage or settle them
- Tell us about anything that would make the visit more comfortable

Your next step: Complete the intake form and share any relevant medical or developmental information before the appointment.

What happens during the assessment?

The physiotherapist uses observation, play and hands-on assessment to understand your baby's movement.

Areas we may assess

- General movement patterns and movement quality
- Visual tracking and use of both arms and legs
- Transitions between positions
- Tummy lying, sitting, standing or walking depending on age
- Range of movement, reflexes, muscle tone and developmental milestones

Assessments are usually one hour. If your package includes a report, it is normally provided within three weeks of the assessment date.

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

Parent participation

Parents are encouraged to join both assessment and treatment sessions. You may help your baby engage in playful activities, and the physiotherapist will demonstrate home activities clearly so you feel confident using them between appointments.

Follow-up physiotherapy sessions

Sessions are playful and engaging while gently challenging the skills your baby is developing.

What sessions may include

The physiotherapist selects activities and equipment to match your baby's goals. This may include gym balls for core stability, wobble cushions for balance work, or soft wedges and rolls to support or encourage particular movement patterns.

How long will physiotherapy continue?

Every baby is different. We often begin with a block of 8-12 weekly sessions, each lasting approximately 45-60 minutes. Progress is regularly reviewed, and the next step may be another block, review sessions, an individualised home programme or discharge.

Positive changes are often expected after 6-8 weeks when home activities are completed and your baby remains well. Babies with complex or neurological needs may require a longer or more intensive period of physiotherapy.

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 baby 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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