



# Children's Therapy

& FAMILY RESOURCE  
CENTRE

## Physiotherapy



### Kamloops Location

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[www.kamloopschildrenstherapy.org](http://www.kamloopschildrenstherapy.org)  
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## What is Pediatric Physiotherapy?

A Pediatric Physiotherapist is a health care professional who works with children from infancy to adolescence to help them move to the best of their ability. Babies and children learn about themselves and their environment through movement. Optimal physical development is vital for a child's physical and mental growth, general health and overall well being.

The goal of Physiotherapy is to help a child obtain and maintain their highest level of functional independence.



## **When is a Physiotherapist needed?**

There are many childhood conditions that can affect a child's physical abilities. These conditions can be congenital or acquired, short or long term, severe or minor. They may include:

### *Delayed Motor Development*

### ***Neurological Conditions***

- Cerebral Palsy, Spina Bifida, Brain Injuries
- Prematurity
- Brachial Plexus

### ***Orthopedic conditions***

- Torticollis / Plagiocephaly
- Spinal conditions
- Club feet or other foot and ankle problems
- Post-operative
- Amputations

### ***Genetic Conditions***

- Down's Syndrome, Muscular Dystrophy, JRA, Cystic Fibrosis and various syndromes



## Seeing the Physiotherapist..... the next steps

- An initial family meeting will be done to determine areas of strengths and concerns.
- An assessment (informal or formal)
- A therapy program will be developed and may include strengthening or stretching exercises, balance, positioning or functional activities.
- Equipment such as shoe inserts, footwear, adaptive toys, walking aides, wheelchairs, specialized bikes or other specialized positioning equipment may be helpful for a child.
- Education is an important part of the therapy process. The Physiotherapist will provide the family, caregivers and teachers the information and tools they need to help carry out the child's Program.



## **Where does the Physiotherapist work?**

A child does best in their natural environment and we believe that is the best place to receive Physiotherapy. These may include the home, daycare, school, swimming pool, neighbourhood park or other community settings.

The Physiotherapist can play an important role in assisting with motor development but is only one piece of the puzzle.



## **Who can refer a child for physiotherapy services?**

Anyone: parents, relatives, doctors & health care professionals, teachers, etc. The parent/legal guardian must be aware and give their consent for the referral.

## **How is a referral made?**

Our referral form is available at the centre or on our website. The completed form can be mailed, faxed or e-mailed to the centre. You can also make a referral by telephone.

## **How much does physiotherapy cost?**

There is no cost to the family. Programs are funded through the Ministry of Children and Family Development and the School Districts in our area.

For referrals or inquires please contact:

### **Children's Therapy and Family Resource Centre**

*Owned and operated by:  
Thompson Nicola Family Resource Society*

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