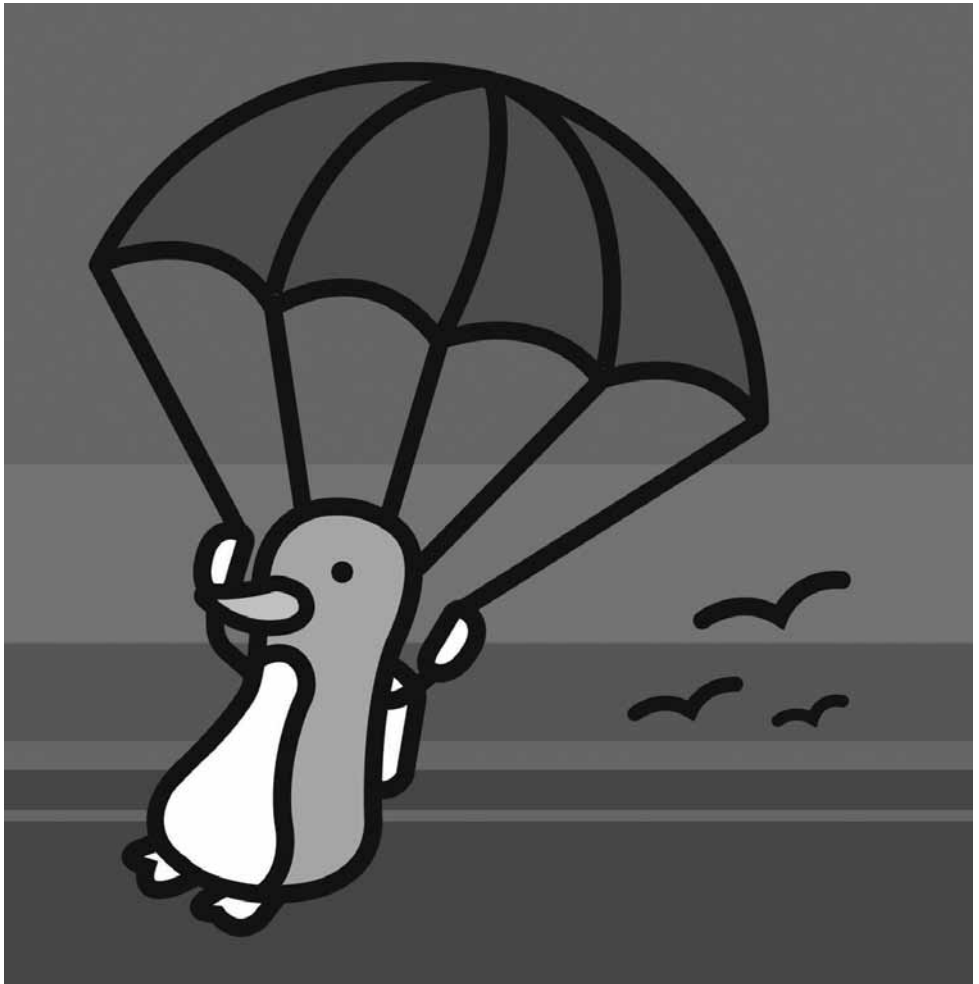


Kamran's Ward, The Children's Hospital

How physiotherapy can help your child

Information for parents



Physiotherapy

During your child's treatment they may see a physiotherapist. This is because they might experience side effects either directly from the illness or from some of the treatments. These side effects can sometimes affect a child's mobility. The physiotherapist can monitor your child's progress and can offer exercises or activities to help.

When children are ill they can become less active and this can affect their general energy levels. It is important that even when children are being treated for cancer that they can still exercise when they are feeling well, and it is beneficial if they do!

Benefits of exercise

- Keeps muscles strong and flexible
- Helps to keep joints healthy
- Improves bone density and prevents bone thinning (osteoporosis)
- Stimulates circulation
- Improves general fitness
- Prevents excessive weight gain in children taking steroids
- Prevents cancer-related fatigue
- Can help to lift mood

Activity ideas

Keeping children active helps to keep them healthy. Being active also helps to prevent fatigue. While your child is on treatment, it is much better for them to do a little exercise frequently rather than doing a lot of exercise in one go and then being very tired afterwards.

Here are a few suggestions on what to do to keep your child active:

- If your child needs bed rest then using their hands and feet to pop bubbles or to kick a balloon can keep them active.
- Try to encourage your child to walk or crawl even if it's only for a short distance.
- If stairs are difficult, try getting them to go up and down on their bottom rather than carrying them.
- Heel walking and standing on heels can help to keep muscles in the foot and ankle strong (these muscles often get weak).
- Make exercise fun. Children often enjoy pretending to be different animals, which could involve crawling, walking on hands and feet, rolling and jumping. Older children may enjoy exercises on the Wii Fit.
- Regular walking is an easy way to keep fit and should be encouraged.
- Children should join in with PE at school.
- Children can still play non-contact sports even with a Hickman line.

If you have any questions about your child's mobility or general fitness then please ask to see the physiotherapist.

Linda Wright, Kamran's Ward physiotherapist

Tel: **01865 741166** and ask for **Bleep 1888**

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

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