



Oxford University Hospitals  
NHS Foundation Trust

# PHYSIOTHERAPY ON KAMRAN'S WARD

**Older children**



## **Physiotherapy on Kamran's Ward**

It is important for everyone to remain active but this is even more important during your treatment. How you do this is up to you! To keep yourself motivated always use activities you enjoy and that are manageable for you at that stage of your treatment.

### **Some examples:**

- Climbing the stairs at home regularly.
- A daily walk with a friend or family member, bike or scooter rides. Adjust distance as needed.
- Playing football/racket sports/with a pet in the garden.
- PE in school.

### **Things you can do to maximise exercise benefits:**

- Keep well hydrated.
- Ensure any pain is well controlled.
- Pace activity to make sure exercise is manageable.
- Ensure good nutrition.

If you need support with any of these aspects please consult the Kamran's team.

Staying active will keep you fit and strong but also show you if your ability is changing – this is when you may need help from a physiotherapist.

## **Why might my levels of activity change?**

In addition to potentially feeling unwell or more tired during treatment some medications can impact activity levels as a side effect.

### **Steroids**

These can cause weakness of the larger muscles in the trunk and pelvis. This may present as difficulty getting in and out of bed or the bath or getting on and off the floor. You may have more trouble climbing stairs.

If you notice this, initially try to continue activity but adapt it to be within your new limitations. Ensure you seek physiotherapy advice to manage this longer term.

### **Vincristine/Vinblastine**

These chemotherapy medications can cause weakness and altered sensation in the hands and feet. This may present as pins and needles; walking on your tip-toes; calf tightness or difficulty with fine finger tasks e.g. doing up laces, writing or fastening buttons.

If you notice this, request a physiotherapy assessment at your next review. Simple calf stretches can manage tightness, hand therapy exercises can improve fine finger function and sensory activities can improve sensation. The Kamran's team may also need to adjust medications to reduce the risk of long term effects.

Your mobility may also reduce due to the nature and position of your tumour.

## **Bone tumours**

These can reduce movement in the joints around the affected bone. This may be due to discomfort or the tumour itself restricting joint range of movement. You should avoid weightbearing through a bone that contains a tumour as you are at increased risk of fracture. You will have regular input from physiotherapy as routine and will also receive review by the orthopaedic physiotherapy team if there is a plan for you to undergo surgery.

## **Spinal or Brain Tumours**

Your central nervous system is the body's control centre and is made up of your brain and spinal cord. The level of a spinal tumour or position of a brain tumour determines which movements are affected (if any) and to what extent. It is the role of physiotherapy to help with any movement, sensory, co-ordination or balance issues that may arise. You will have an initial physiotherapy assessment and ongoing management as needed.

**Contact sports and higher impact activities are not advised during treatment for safety reasons.**

**Swimming is not advised if you have a line in, due to infection risk.**

# PHYSIO ALL-STARS

On Kamran's ward you can become a Physio All-Star. This is where you and your Physio team, help to make your journey through treatment the best it can be. You can collect stickers and work towards your goals together.

For more information on becoming a Physio All-Star please speak to your nurse, a ward physio or refer to our displays on daycare and opposite the beverage room on the ward.

## Contact us:

Email: [ouh-tr.Kamranswardphysio@nhs.net](mailto:ouh-tr.Kamranswardphysio@nhs.net)

Tel: **01865 231 999**

Bleep: **1888**







## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Francesca Taylor (Paediatric Physiotherapist)  
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[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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