



Oxford University Hospitals
NHS Foundation Trust

PHYSIOTHERAPY ON KAMRAN'S WARD

Younger children



Physiotherapy on Kamran's Ward

It is important for everyone to be active but this is very important whilst you are in hospital for your treatment. How you do this is up to you! To make exercise fun use play and activities you enjoy and that are easy for you to do without it making you feel too tired.

Some examples:

- Setting up dens or softer play zones with pillows on the floor at home.
- Place toys at different heights to practice getting from lying to sitting to standing.
- Push along or ride on toys, trikes or bike riding.
- Climbing on and off furniture or in play parks, ensuring safety.
- Out for a family walk.

Things you can do to make activity easier:

- Make sure you drink enough.
- Tell an adult if you are in pain so they can get advice on how to help with this.
- Try not to do too much all in one go to make sure you don't get too tired.
- Make sure you eat enough to keep your energy levels up.

If you need help with any of these tell us when you come in to Kamran's ward.

Staying active will keep you fit and strong. It will also make it easier to tell if anything starts to become harder. This is when you may need help from a physiotherapist.

Why might staying active become harder?

You might feel unwell and tired during treatment. Some medicines can also make staying active more difficult.

Steroids

These can make the big muscles around your tummy and hips more achy and tired. You might notice this because getting in and out of bed, climbing on and off the sofa or managing the stairs is harder.

If you notice this, try to keep active but change how often and for how long to make sure you aren't getting too tired or achy. Ask to see a physiotherapist when you are next on the ward for more help.

Vincristine/Vinblastine

This is a chemotherapy medicine that can change how you feel things in your hands and feet and can make them more tired or achy. This might mean drawing or writing is harder, your muscles feel tight or your hands and feet feel 'fuzzy'.

If you notice this, ask to see a physiotherapist when you are next on the ward. We can help by giving you stretches and exercises. The Doctors might also want to change how much medicine they are giving you to stop it becoming a bigger problem.

Your activity might also change because of where your tumour is in your body.

Bone tumours

These can make moving your joints around your tumour hard or achy. You should protect the bone where your tumour is and not walk or lean on it. You will have lots of help from physiotherapy. We will also help you if you need to have an operation.

Spinal or Brain Tumours

Your brain and spine help to control how your body moves. If you have a tumour in either of these places a physiotherapist will help to make movement as easy as possible and keep you as active as you can be. We are here to help with things you may find harder. We will also help you if you need to have an operation.

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

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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charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

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