

## What is physiotherapy?

Physiotherapy is a healthcare profession that promotes the health and wellbeing of all.

Physiotherapists are responsible for the assessment and physical management of problems due to accident, injury, ageing, disease or disability.



## What is children's physiotherapy?

Children's physiotherapy is the treatment and care of babies, children and young people from birth to 19 years.

Children's physiotherapists bring their specialist skills as physiotherapists and have additional expert knowledge and experience of child development and of childhood disabilities.



## Where can I find a children's physiotherapist?

Children's physiotherapists work within a variety of settings, both NHS and independent.

You can search for a private or independent children's physiotherapist here:

<https://portal.apcp.org.uk/findachildrensphysiotherapist/>

When choosing a children's physiotherapist make sure that they have specialist knowledge and experience of treating children and of childhood disabilities, and that they are registered with the Health and Care Professions Council (HCPC). All adults working with children should have DBS Enhanced Disclosure.



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The Association of Paediatric Chartered Physiotherapists is a Professional Network of the Chartered Society of Physiotherapy (CSP) bringing together paediatric physiotherapists to promote the development of best practice in paediatric physiotherapy.

[apcp.csp.org.uk](http://apcp.csp.org.uk)



# PHYSIOTHERAPY FOR CHILDREN



Association of Paediatric Chartered Physiotherapists



### What do children's physiotherapists do?

Treatment is based upon an assessment of the child's needs and the formation of an individualised approach to physical management to maximise physical potential.

Children's physiotherapists recognise the importance of working in partnership with the child, parents and carers to maximise a child's physical abilities and independence.

### Working with:

- Dieticians
- GPs
- Occupational Therapists
- Orthotists
- Paediatricians
- Parents and carers
- Psychologists
- Teachers
- School nurses
- Social workers
- Speech and Language Therapists

### Conditions Treated

Children's physiotherapy covers a wide range of clinical practice and conditions – some are similar to those seen in adults and some are specific to children, for example:

- Acute injuries e.g. fractures, sports injuries
- Burns and plastics
- Congenital disorders e.g. spina bifida, limb deficiencies
- Congenital syndromes and metabolic diseases
- Conditions where mobility is affected
- Co-ordination difficulties
- Developmental delay
- Learning difficulties
- Neonatal care
- Neurological conditions e.g. cerebral palsy, head injury
- Neuromuscular disorders e.g. muscular dystrophy
- Orthopaedic conditions e.g. talipes, torticollis, plagiocephaly
- Respiratory conditions e.g. asthma, cystic fibrosis
- Rheumatological conditions e.g. juvenile idiopathic arthritis

### Where do children's physiotherapists work?

Children's physiotherapists may work in a variety of settings:

- Child Development Centre
- Children's Centres
- Child's Home
- Clinics
- Hospices
- Hospitals
- Nurseries
- Schools
- Sports Clubs and Teams

### Preventative Healthcare

Children's physiotherapists may also be involved with promoting health and wellbeing in children through:

- Back care and posture advice
- Activity and exercise programmes

