

Physiotherapy at Kids Plus

Physiotherapists assist people of all ages to move well. This includes learning new movements and making movement easier for babies, infants, young children and adolescents.

For Babies and Infants, physiotherapists assist the development of early movement (motor) skills like sitting, rolling, crawling and walking. Young children are learning movements required to run, jump, climb and ride a bike, whereas older children are learning to master motor skills based on their interests for sport and recreation. Movement is essential for moving yourself around, mobility, and completing everyday activities like sitting for mealtimes and classroom activities, standing for play, and transfers like getting in and out of car.

Children and young people with movement restrictions or limitations can learn how to move well for smooth, efficient and quality movements that support controlled and co-ordinated actions. The aim of physiotherapy intervention is to make movement easier to:

- increase independence,
- gain mobility (standing, walking)
- develop more advanced motor skills
- participate in games and activities of childhood
- reduce fatigue and injury
- and improve health and fitness.

Our team of physiotherapists at Kids Plus are trained in Advanced Movement Analysis and Child Development to identify the limitations or restrictions related your child's goals. Programs are tailored to develop motor control and co-ordination and may include direct motor skills training, home activities and assistive technology or adaptations if required.

Babies and Infants

The team have specialised skills in assessing babies and facilitating early developmental milestones as the foundation for ongoing child development. Our team are trained to identify movement deviations early in babies to optimise the long-term outcomes. We have a focus on early intervention and developing parents' skills to assist their child's developmental progress.

For parents, physiotherapists can advise on the best way to carry, move or transfer your child safely to reduce injury to yourself or your child.