



Physiotherapy

> ***Koorana Child & Family Services provides therapeutic interventions for children and their families across Sydney.***



What is Physiotherapy?

Physiotherapy helps children and young people maximise their physical and functional independence to increase their participation. Physiotherapists work with your child to develop their physical skills through a variety of activities which can be easily integrated into their daily routine.

Who is it for?

Paediatric Physiotherapy is for babies, children and young people from birth to 18 years of age who have problems with their development or who have a childhood disability. A child may benefit from physiotherapy if they have a problem that is affecting their ability to move and carry out physical activities at the same level as their peers.

What happens and how will it help us?

Experienced physiotherapists will work with you to create and plan goals that can help your child reach their full potential.

Physiotherapy can help children and young people to:

- Reach their gross motor milestones such as standing independently or jumping;
- Develop strength and coordination so they can play alongside their peers;
- Improve your child's posture so they can carry out daily activities with minimal difficulties;
- Increase your child's fitness and physical endurance so they can be physically independent; and
- Provide specialist equipment to support their development and maximise their physical function so they can be independent members of the community.

Where does it happen?

Physiotherapy can take place at a Koorana centre, at home, in the classroom, or in a community setting. Our team will work closely with you to establish a location that best suit your needs.

How long does it go for?

Individual sessions run for 30 - 60 minutes depending on the condition. The total number of physiotherapy sessions varies with each child and depends on individual goals and therapeutic needs. We will talk with you to plan the best course of action for your child.

Do I need a referral to access Physiotherapy?

No, you do not need a referral. To access Medicare funding, you will need to see your GP to determine eligibility and to obtain a treatment plan.

What if I do not speak English?

We can arrange for an interpreter for you if needed.

What does it cost?

Prices are set according to the NDIS price guide. If you have an NDIS plan with therapy funding, the cost of physiotherapy will be met by your NDIS plan. Medicare covers a percentage of treatment costs. Private health funds may also cover these costs depending on your plan. Please talk to us to discuss the best funding options for you.

FOR MORE INFORMATION

Call us 02 8321 9600

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