

Paediatric Rehabilitation Services

Physiotherapy and occupational therapy services are available to help children reach their maximum potential. Therapy may happen while the child is in the hospital and may continue on an outpatient basis, for children age birth to school entry.



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Occupational Therapy

Occupational Therapy (OT) is a health profession that promotes skill development and fosters independence in all daily activities.

Occupational therapists work with children and their families to provide treatment and teaching in the following areas:

- Fine motor development
- Self-care skills
- Feeding development
- Sensory motor development
- Seating and positioning

Physiotherapy

Physiotherapy (PT) is a health profession that assesses and treats individuals with movement difficulties related to musculoskeletal, neurological and cardiorespiratory conditions.

Physiotherapists work with children and their families to provide exercise programs and therapies aimed at improving:

- Functional mobility (how your child moves)
- Strength
- Balance
- Endurance
- Coordination

This might include moving with the help of assistive devices, such as walkers, wheelchairs and braces.

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Would your child benefit from PT or OT at Grey Bruce Health Services?

Examples of concerns we can help with:

- not reaching motor milestones
- difficulty with feeding / delayed feeding skills / extremely picky eater
- sensory processing concerns (a child who seeks a great deal of sensory input or who avoids sensory input)
- positional skull deformity (flat head)
- torticollis (prefers to turn or tilt head one way)
- alignment of legs and feet
- birth injuries
- developmental monitoring for prematurity, genetic or neurologic concerns

What to expect at an appointment?

You and your child will meet with the PT, OT or both for:

Assessment:

- interview of parent(s)
- observation of child
- therapists use of standardized tools and measurements

Goal Setting:

- setting goals with parents and / or child
- goals are based on priorities of the family

Program Planning and Treatment

- a plan of action is designed to reach the goals for each child
- progress is monitored and the therapy is modified as required

Consultation

- therapists providing consultation to other team members, such as your Paediatrician, as required

How to access OT / PT Services:

Ask your doctor, nurse practitioner or Paediatrician if a referral to occupational therapy or physiotherapy is appropriate for your child. A medical referral is required for these services.

Children from birth to school entry are seen in outpatient appointments at Grey Bruce Health Services.

If both PT and OT are required, appointments may be scheduled together. Other community providers such as speech language pathologists may also attend visits, if parent wishes.

For more information, contact: 519-376-2121, Ext 2895.