

Editorial on Paediatric Physiotherapy Sandhya Kille*

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Editorial

People frequently answer with "Um, ok." when I tell them I'm a paediatric physiotherapist, or a physiotherapist who deals with babies and infants. What are the reasons why children should see a physiotherapist?

Most people have a general understanding of what physiotherapists do with adults: they assist people with movement problems. This may involve assisting individuals who have hamstring strains or rolled ankles, as well as those who have sore knees, elbows, backs, or necks and assisting people in relearning how to walk after surgery or a neurological injury like a stroke or a brain injury. However, few people are aware of what a physiotherapist may do for a baby or infant.

Children are not miniature adults; they are constructed differently, move differently, and think differently than adults. As a result, seeing a physiotherapist who is educated and knowledgeable in paediatrics would help babies and children. Paediatric physiotherapists are experts in child growth, particularly as it pertains to movement development. For babies and children, movement is critical to their growth. Movement helps babies and children to explore their bodies and how they function, as well as their environment and everything in their environment – the ability to move quickly and effectively is critical for learning and development.

Paediatric physiotherapists are experts in assessing, identifying, diagnosing, and treating developmental and movement problems in children. We have honed our hands-on skills, which we combine with a healthy dose of fun, imagination, and playfulness to create tailored therapy services for each of our clients. We work with the infant, the child's family, other health professionals, and teachers or educators to achieve our goals. Our treatment services are designed to improve each child's health, well-being, and skills so that they can move about and engage in daily activities such as playing, studying, going to school, and being a part of a family and community.

Since all aspects of a child's growth are interconnected, you can expect a longer appointment time when you bring your child

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to one of our paediatric physiotherapists. We also understand that some children need some time to 'warm up,' and we don't want to rush your child if they take their time – we'll get a better sense of your child's strengths and needs if they're relaxed and engaged, rather than nervous or upset.

Direct hands-on physiotherapy, education about your child's condition and how they can change, activities or exercises to do at home or at school that can aid your child's progress, trial and prescription of specialized orthotics, splints, or devices to support your child's growth are all possible treatments for your child and referral to and/or liaison with other health professionals and support providers.

An early intervention has been shown to improve outcomes for children with developmental disabilities in studies. Call to schedule an appointment with one of our professional paediatric physiotherapists if you have questions about your baby's or child's growth. We don't need a doctor's prescription to start treating your child's condition; we don't have to wait for a diagnosis or something. We do not need a doctor's prescription to begin treating your child's condition; we do not need to wait for a diagnosis or a doctor's examination.