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facts about paediatric physiotherapy



1

Interventions based on motor learning principles are beneficial for infants with, or at risk of, cerebral palsy

Promoting independent activity includes:

- goal-directed training which involves real-life tasks that are motivating for infants
- engaging infants to participate in their own learning practice
- providing a stimulating home environment—appealing toys, play spaces that offer variety and challenging support surfaces, and nurturing interaction between infants and caregivers.

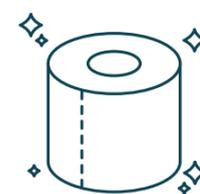


2

Childhood incontinence affects many Australian children

Urotherapy is the first-line treatment and includes:

- education on good bladder and bowel habits
- lifestyle advice
- instruction on the use of bladder or bowel diaries
- pelvic floor muscle training
- behavioural modification
- neuromodulation.



3

Children with developmental coordination disorder exhibit differences in white matter on MRI

Evidence suggests that differences in brain development contribute to:

- difficulty learning motor skills
- difficulty performing everyday motor-related activities
- speech impairments such as dysarthria
- altered axonal development.



4

Childhood trauma impacts rehabilitation and recovery

A 'trauma-informed' approach to physiotherapy care includes:

- asking children, 'what happened to you?' rather than, 'what is wrong with you?'
- prioritising the physical and psychological safety of the child and their family
- interventions that avoid re-traumatisation.



5

Children are not mini adults

Common ailments in adults require age-appropriate treatment for children, including:

- specialist referral for stress urinary incontinence
- disimpaction followed by maintenance laxative therapy for constipation.



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