**Physiotherapy Top Tips during the COVID19 Pandemic**

During the pandemic whilst you are unable to access the usual SNAPS physiotherapy activities you may find your child is stiffer or more uncomfortable. The following are tips to keep you going over the next few weeks.

* Continue to follow the advice or exercise programme provided by your NHS Physiotherapist
* If your child is mobile check the internet / YouTube for exercise / P.E. classes and keep them as mobile as possible around the house
* If your child is less mobile, remember to try and change their position every 2 hours; positioning on a floor mat or with pillows on their back, alternate side lying, on tummy and in seating as tolerated. A regular change of position is important to reduce pressure areas and also to keep the chest clear
* A warm bath may help ease discomfort and also encourage some active movement for those children who are more active in the water
* After a warm bath or shower is an ideal time for passive movements – taking the limbs through a range of movements will help ease discomfort
* Massage and stretches are a great way to ease tight muscles and the increased circulation can help reduce pain
* Take extra care to check for signs of pressure areas
* If you are concerned that your child may be in pain please contact your NHS Physiotherapist and /or Paediatrician as they should be able to provide advice over the phone

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