NHS
Calderdale and Huddersfield
NHS Foundation Trust

Children's Therapy Services

Core Stability Group



Why Core Stability is important

Core muscles allow good posture. Helps maintain balance stability and absorbs impact and transmitting forces throughout the body.

When the core is strong the frame of the body is supported helping superficial muscles to relax and our arms and legs to move freely, therefore can protect from musculoskeletal aches and pains.



What to expect

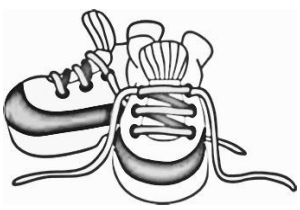
- 6 week exercise programme.
- Instructor led exercises.
- The group session will last up to 1 hour.
- Sessions will be held by two therapy assistants.
- You will be expected to assist your child to complete 3 exercises a night.
- If you are unable to attend please contact the department with advance notice.
- If you fail to attend without notifying the department on more than 1 occasion your child will be discharge from the group and also may result in episode of care from Physiotherapy or Occupational Therapy ending.

During the session

- Your child will work through up to 10 exercise in one session.
- Group warm up and cool down every session.
- Provided with written weekly exercise homework.
- The therapy assistant will complete an initial balance assessment score at Week 1 during the session.
- At the end of the 6 week session the therapy assistant will complete a final balance assessment score.
- Parent/guardians will be expected to sit in the waiting room during the session. If you are unable to stay for the session please leave your contact details with the therapist.
- Parent/guardians will be expected to observe their children carrying out their exercises during one session as guided by the therapy assistants'

Before you attend

- Please could your child be dressed in loose fitted clothing and suitable footwear, for example PE wear and trainers.
- Please could you bring a drink for your child each session.



This is only for children resident in Calderdale or Huddersfield.

compassionate care

My Initial Balance Score



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My Final Balance Score



_____

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If you have any comments about this leaflet or the service you have received you can contact :

NHS at Broad Street Plaza
Northgate
Halifax HX1 1UB
Telephone No: 01422 261340

Children's Therapy Services
Princess Royal Health Centre
Greenhead Road
Huddersfield HD1 4EW
Telephone No: 01484 344299

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"