What is Children’s Physiotherapy?
Paediatric Physiotherapy helps children and young people achieve and maintain optimal physical health and mobility through early intervention. Age range: 0-25 years.

Physiotherapy is offered for a wide range of conditions including:
- Painful conditions e.g. back and neck
- Joint and muscle injury
- Gait problems
- Orthopaedic problems & foot alignment
- Recovery after fractures
- Respiratory conditions
- Sports conditions
- Balance and coordination difficulties
- Movement problems or delays for infants to older youth
- Strength and stamina

A physiotherapist may also provide advice on regular exercise in daily life through play, sports and games.

Group therapy classes, are provided monthly for babies with plagiocephaly (uneven head shape), & other classes including gross motor skill development may also be available.

Parents who wish their children to attend these groups must be referred to paediatric physiotherapy.

Find out how you can access this service on the next page
Physiotherapy for Children
Caulfield Community Health Service

What are the benefits of Physiotherapy for Children?
The physiotherapist works with children, young people and their families to identify and understand problems affecting their mobility, gross motor development and muscle control. Individual assessments aim to identify difficulties in partnership with families, whereby goals are set for therapy and treatment plans explored.

Who can come?
Children whose families live or work in the City of Glen Eira, City of Stonnington, City of Port Phillip or City of Bayside (North of South Rd) and who are not eligible for the National Disability Insurance Scheme (NDIS).

If you have any questions, call the team

How can I access the service?
Referrals can be made by yourself, your doctor or health care professional by contacting Caulfield Access.

Do fees apply?
At CCHS, fees apply to our services. Fees are set in line with government guidelines and are based on your income. When you call us, fees will be explained and discussed with you. If you are concerned about fee affordability, please let us know.

Further Information
Caulfield Community Health Service
alfredhealth.org.au/services/caulfield-community-health-service

Alfred Health
alfredhealth.org.au

If you would like to provide feedback or request a copy of this information in a different format, contact us at patient.inform@alfred.org.au