

# Physiotherapy For Children aged 0 - 16 years

Assessment and Treatment for children with:

- Developmental Co-ordination Disorder (DCD)
- Dyspraxia
- Developmental delay
- Neurological disorders
- Rheumatological conditions
- Musculo-skeletal conditions

School or  
Home Visits

**The Banana Tree Practice**



# One-to-one professional private therapy...

## What is the Banana Tree Practice?

The Banana Tree Practice is a privately owned Children's Therapy Practice specialising in the assessment and treatment of children aged 0-16 years. The Practice offers a Physiotherapy and Occupational Therapy service to children in Cambridgeshire and the surrounding Counties.

The Physiotherapy service is provided by Melanie Jones, a highly experienced Paediatric physiotherapist who qualified in 1990 and has gained extensive experience working with children within the NHS for over 18 years.

## What is Paediatric Physiotherapy?

Physiotherapists are responsible for the assessment and physical rehabilitation of those needing treatment due to injury, disease or disability. Paediatric physiotherapists integrate their generic skills as therapists with additional knowledge and experience of child development and childhood disability and specialise in the treatment of babies, children and young people.



## How can the Banana Tree Practice help your child?

There are many childhood conditions, some minor, some more severe, that can impact on a child's ability to move and function. Motor development, physical ability and independence can all be affected, preventing them from fulfilling their potential. Early physiotherapy intervention can help in many ways, such as restoring movement and function, preventing development of abnormal movement patterns, improving motor skills or assisting a child in reaching their developmental milestones.

At the Banana Tree Practice, we believe it is essential that both you and your child are at the centre of treatment planning. As a mother of three young children, I understand how difficult it can be to fit extra activities into the daily routine, so it is vital that we set treatment goals that are both realistic and relevant to your child's daily life and are focused on skills that are important to them. This helps your child remain motivated and positive towards their physiotherapy, an essential prerequisite to a successful outcome.

We work hard to ensure treatment sessions are fun and something to look forward to.

## Professional Assessment

Treatment is based upon a thorough assessment of your child's needs. This may involve formal standardised testing and/or informal clinical observation based upon fun activities and age appropriate play. During the assessment you will be asked to provide details of your child's difficulties and of course, have the opportunity to ask questions and discuss any concerns you may have. A questionnaire may also be sent to you for completion prior to your initial appointment. In addition to analysing what your child can and cannot do, it is important to observe the way in which they do it and recognise strengths that can be built on. Your child is unique and their treatment plan should reflect this.

Once the main difficulties and their causes have been identified, we can discuss how best to work together to help your child. I will provide a comprehensive report, recommend the intervention your child needs and indicate progress I expect to be made.

### What is the therapy likely to involve?

Most children are seen in their own homes for assessment and treatment, as they tend to be more relaxed in a familiar environment. It also helps to establish a treatment programme that is most appropriate, utilising toys and activities

that will fit into your daily routine. It may also be of value for me to see your child in school or nursery, as it is important that all those who care for your child work together towards the same goals.

My input may involve all, or a combination of the following:

- Individual treatment sessions
- Home and/or school activity programmes
- School/nursery visits
- Liaison with other professionals involved with your child
- Advice on specialist equipment / orthotics
- Review appointments
- Small group work

In some instances both Occupational Therapy and Physiotherapy intervention may be of benefit to your child. At the Banana Tree Practice we are fortunate to be able to offer joint assessment and treatment planning to ensure that your child receives an integrated therapy programme that best meets their needs in an effective and timely manner.



# The Banana Tree Practice

Telephone: 07842 206306

## Areas of Clinical Experience

In addition to my work in private practice, I work part time within the NHS at a busy Child Development Centre in my role as a Highly Specialised Children's Physiotherapist.

Main areas of clinical expertise include assessment and treatment of children with:

- Co-ordination difficulties such as Developmental Coordination Disorder / Dyspraxia
- Developmental delay
- Neurological disorders such as Cerebral palsy or acquired brain injury
- Rheumatological conditions such as Juvenile Idiopathic Arthritis.
- Rehabilitation needs following trauma or surgery
- Musculo-skeletal conditions such as Positional Talipes, torticollis or gait disorders.

## Qualifications

Graduate Diploma in Physiotherapy – St Thomas's Hospital, London (1990)

## Professional Registrations

Member of the Chartered Society of Physiotherapists  
[www.csp.org.uk](http://www.csp.org.uk)

Registered with the Health Professions Council  
[www.hpc-uk.org](http://www.hpc-uk.org)



## Specialist Group Memberships

Member of The Association of Paediatric Chartered Physiotherapists  
[www.apcp.org.uk](http://www.apcp.org.uk)

Professional member of the Dyspraxia Foundation  
[www.dyspraxiafoundation.org.uk](http://www.dyspraxiafoundation.org.uk)

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## Find out more about The Banana Tree Practice

For an informal chat to determine whether Physiotherapy may be beneficial for your child, please contact me, without obligation, using the details below:

### The Banana Tree Practice

**Physiotherapy** - Melanie Jones GradDipPhys. MCSP  
Telephone 07842 206306  
[thebananatreephysio@gmail.com](mailto:thebananatreephysio@gmail.com)

**Occupational Therapy** - Ruth Le May Bsc Hons  
Telephone 07905 342537  
[thebananatree@ymail.com](mailto:thebananatree@ymail.com)

[www.thebananatreepractice.co.uk](http://www.thebananatreepractice.co.uk)

