

Neuromuscular Services

Physiotherapy and Occupational Therapy

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

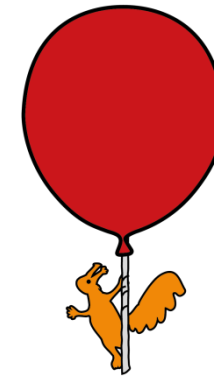
This information can be made available in other languages and formats if requested

Alder Hey Children's NHS Foundation Trust
Eaton Road
Liverpool
L12 2AP

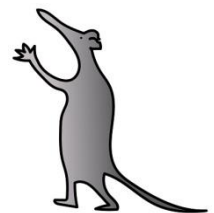
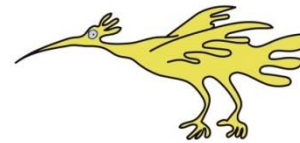
Tel: 0151 228 4811
www.alderhey.nhs.uk



© Alder Hey Review Date: December 2025 PIAG: 351



Information for patients,
parents and carers



Role of Neuromuscular Physiotherapist

The Neuromuscular Physiotherapist can evaluate your child's functional ability, muscle power, range of movement and posture. They will do this at regular intervals to monitor your child to identify any physical changes and respond to their needs.

They can offer advice and support about how to remain active and the right amount of physical activity for your child. They can provide you with appropriate exercises and stretches and can offer guidance with postural support and the need for equipment as and when it is needed.

Role of Neuromuscular Occupational Therapist

The Neuromuscular Occupational Therapist role is to support your child to be as independent as possible, to participate in everyday activities which are meaningful to them, which might include;

- Self-care- washing dressing, toileting and eating
- Play and Leisure
- Education

They aim to support your child to do the things they want and need to do. They can provide the following services;

- Advice on postural equipment – seating bathing toileting, wheelchairs / buggy's
- Self-management strategies of fatigue and pain
- Energy conservation
- Advice on assistive technology and devices.
- Environmental considerations.
- Assessment of upper limb function and how that impacts on the child's occupations.

Patient Centred Care

The Neuromuscular Therapists can discuss any needs with your local teams and offer recommendations to ensure your child is receiving the input that they require from local therapy teams and external agencies such as social services and education if required. Advice can be given face to face, via telephone or letter.

The Team

There are 2 physiotherapists, 1 occupational therapist and a therapy assistant on the team. We often have other therapists and students working with us to gain an understanding and experience of neuromuscular conditions. If you require advice or support, please phone the therapies department at Alder Hey NHS Foundation Trust on 0151 252 5660 to speak to one of our Therapists.

Therapy Team Contacts

Sarah Gregson - Clinical Specialist Physiotherapist

Stuart Clark - Highly Specialist Physiotherapist

Email: neuromuscle.physioah@nhs.net

Denise Wooding - Highly Specialist Occupational Therapist

Email: denise.wooding@alderhey.nhs.uk

Clare Cunliffe, Therapy Assistant

Telephone: 0151 252 5660

