

# LIME LEGENDS

Allied Health service for kids



## Physiotherapy

The Physiotherapist team at Lime Legends are invested in your child achieving their goals to help set them up for the future. Physiotherapy aims to provide a service that assists children and their parents in achieving optimal physical development for children in a professional, supportive and fun environment.

### How do we do it?

- Direct hands on physiotherapy through developmental activities, such as crawling and walking, balance and coordination activities, adaptive play, aquatic (water) therapy, training to build strength, flexibility exercises to increase range of motion, craniosacral therapy and more in a fun and empowering way.
- Education about your child's condition and how they can improve.
- Strengths based approach which aims to encourage and maximise participation in team sports, play and overall motor development.
- We work collaboratively with other services and supports to ensure each child's potential is reached.



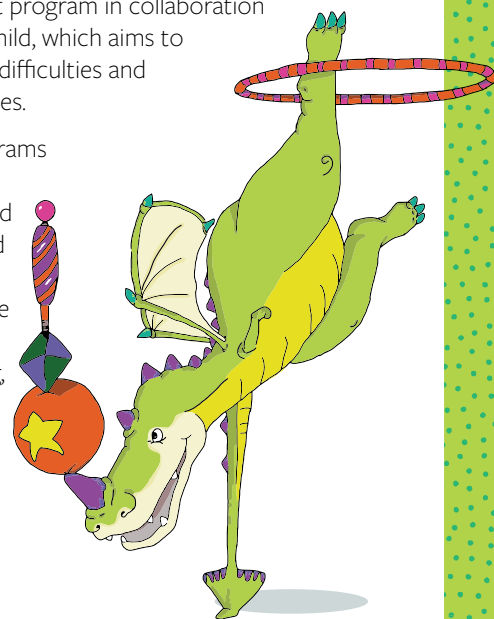
Funding available through NDIS, Medicare, TAC

Private paying individuals please contact us to discuss fees.

### What we aim to do:

The physios have skills in the assessment, identification and treatment of child development and movement difficulties. We have good hands on skills, which we use with a big splash of fun, creativity and playfulness, to develop individualised therapy programs for each of our little Lime Legends.

- Assess your child's motor and overall development, using observational skills and specific hands on assessment techniques.
- Identify what your child is doing well, what they are having difficulty with, and why they are having difficulties.
- Develop a treatment program in collaboration with you and your child, which aims to address your child's difficulties and maximise their abilities.
- Our treatment programs aim to optimise the health, well-being and abilities of each child to enable them to move and participate in everyday activities, like playing, learning, going to school, and being part of a family and community.



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physiotherapy