



Movement Assessment Clinic

Introduction

This service focuses on: improving mobility; reducing pain secondary to muscle spasms with the goal to improve functional abilities in children and young adults with neurological disabilities.

About the clinic

Who can attend this clinic?

Children and young adults under the age of 19 (at time of referral). We will discuss with you and arrange appropriate transfer to adult services after that.

Why choose to come to a Movement Assessment Clinic?

- To provide you with the opportunity to discuss any issues or concerns you may have on issues relating to movement, pain and function.
- To discuss the possibility of having Botulinum Toxin injections.
- To discuss and review the goals you have set with us at previous movement clinics.
- To discuss with you whether further intervention is required and to refer you onto other services as appropriate.
- To provide you with a physiotherapy programme as appropriate.
- To advise you on any queries regarding orthotics and postural management.

Who can refer me to the clinic?

Referrals can be made to this service by your paediatrician, GP, physiotherapist or other healthcare professional.

How often are the clinics?

Regular Consultant led clinics are held each month supported by a senior physiotherapist and a clinic nurse to assess and organise management programmes in liaison with local services.

About the appointment

How long is the appointment?

The initial appointment time is usually 45 minutes.

If injections are necessary then the appointment can be between 30 minutes to 90 minutes depending on your age.

Review appointments are between 15 and 30 minutes.

Who will I meet?

You will meet one of two consultants:

- Consultant Paediatrician
- A Senior Physiotherapist
- A clinic nurse will also be present

Where will the appointment be?

In an Out Patient Clinic room at Chailey Clinical Services. When you arrive our receptionist will check that we have your correct details and show you where to wait for your appointment. The clinic nurse will meet you and take you to the clinic room.



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What will happen during the appointment?

Discussions will be focused on what you consider to be the current issues and also what you have discussed with your local physiotherapist before coming to the clinic.

We will assess your functional abilities and if appropriate observe you walking. We will then do a clinical examination looking at the range of movement in your joints.

We will present you with our findings and advise you on what we feel can be done to help you with regard to your movement system from a multidisciplinary viewpoint. This may include recommendations and a further referral about physiotherapy programmes, splints, postural management as well as medical and surgical interventions. This could include the use of targeted Botulinum Toxin injections to overcome tightness and spasm in specific muscle groups that are causing functional problems or pain.

If we decide that Botulinum Toxin injections will be helpful we will discuss this procedure with you in detail at the appointment. Please feel free to ask any questions you may have throughout the assessment.

What will happen after the clinic?

Following on from the clinic, a report of the assessment is sent to you within 3 weeks of the appointment documenting the discussion and decision made. A copy will be sent to your referrer, GP and Physiotherapist and any one else you would like it to go to.

It may be that we have decided that you should have generalised or targeted medical interventions. If Botulinum Toxin injections are felt to be appropriate as part of the programme we will put you on the waiting list for these and ensure that you receive written information about the procedure. The injections do not take a long time to perform and are well tolerated by children and young adults.

The outcome of any interventions will be reviewed carefully at approximately one and then three months later in the physio movement review clinic. Further recommendations may be made about changes in management plans. If further medical interventions are necessary then these will be discussed with you.

We're here to help

We're always happy to answer any queries that you may have.

If you have any queries at all, please contact the Clinic secretary:

 **Phone:**
01825 722112

 **Fax:**
01825 724729

 **Email:** sc-tr.enquirieschcs@nhs.net

Or visit our website:
www.sussexcommunity.nhs.uk/chailey