

Our **Circuit Classes** are for children and adolescents who require an individualised program meeting a wide variety of fitness, strength, flexibility and developmental needs.

Programs can be tailored for children with a disability as well as those children who have a medical condition such as asthma or diabetes. We also offer expert supervision to children not old enough to be supervised in an adult gym setting who want to work on:

- General Fitness
- Posture
- Flexibility
- Strength

Opening hours:

**Mon - Thurs: 3pm - 6pm**



**MOVE IT SOLUTIONS—our exercise space!**

Movement Solutions is a group of dedicated physiotherapists and exercise physiologists with a special interest in paediatrics. We are passionate about providing an outstanding service for children and young adults. Our service is goal related and functionally based.

### PHYSIOTHERAPISTS

**Melissa Locke**

**Dace Johnson**

**Jane Brooksbank**

**Nicholas Draheim**

### EXERCISE PHYSIOLOGIST

**Jessica Singleton**

**For appointments contact our :**

#### Brisbane Rooms

1/26 Eva St  
Coorparoo QLD 4151

#### Other Locations:

- ◇ Chermiside
- ◇ Ipswich
- ◇ Ormiston
- ◇ Benowa

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reception@movementsolutions.com.au

[www.movementsolutions.com.au](http://www.movementsolutions.com.au)

**movement solutions**  
physiotherapy for children & young adults



**“Optimising a child’s function as they grow”**

**Paediatric  
Physiotherapy and  
Exercise**

## Paediatric Physiotherapy

Physiotherapy helps **children with developmental delay** to move independently, play sport or exercise for fitness. Individual assessment and care to maximise their function and minimise stress on their growing body is essential.

**Newborn babies** with postural conditions such as **flat head syndrome, turned feet or clicky hips** are seen at our practice. **Babies and toddlers** with delayed milestones are just one of the many groups we treat. **Premature babies development** is a special interest at Movement Solutions

Parents are **advised and educated** on how to enhance their child's physical development.

**Spinal** conditions such as **scoliosis, poor posture and back pain** as well as **awkward walking and running styles** are evaluated and managed as required.

Paediatric physiotherapy takes into consideration the **impact of growth and growth spurts** on the child and uses evidence to treat the child accordingly. **Growing pains** and other **muscular aches and pains** as well as **hypermobility conditions and sporting injuries** are frequently managed within a multidisciplinary team at Movement Solutions.

## 1 on 1 Physiotherapy Consultations

- Neurological conditions such as **cerebral palsy**
- **Motor control and developmental delay**
- Musculoskeletal conditions
- Back pain or spinal deformities such as **scoliosis**
- **Birth conditions such as flat head syndrome, club foot and brachial plexus injuries**
- Splinting, casting and **orthotics**
- Wheelchair, seating and **equipment**

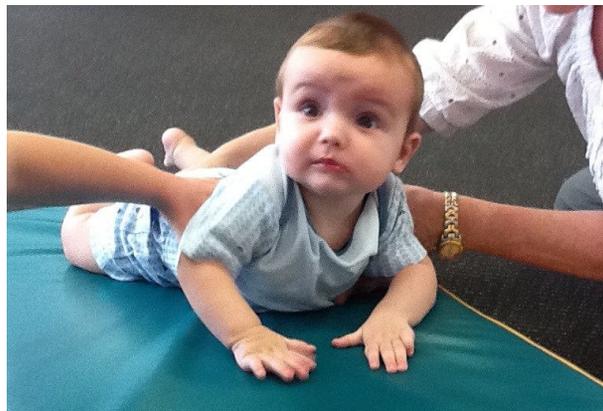
## Baby Handling Classes

are for parents with newborns or infants and focuses on positioning and handling techniques to promote development.

Ideal for children up to 3 months with:

- Flat Head Syndrome
- Delayed Milestones
- Irritability and reflux

**Tues: 9.30am**



**Coordinated Kids** is for preschool children needing a little extra help when it comes to learning about their balance and coordination.

- Clumsiness
- Developmental delay
- Low muscle tone

**Mon, Wed & Fri: 9.30am**



For parents of kids with special needs who are often required to do a lot of extra lifting, our **Back Care class** is ideal. Focusing on:

- Lifting education
- Strength and control
- Back mobility

**Thurs: 9.30am**