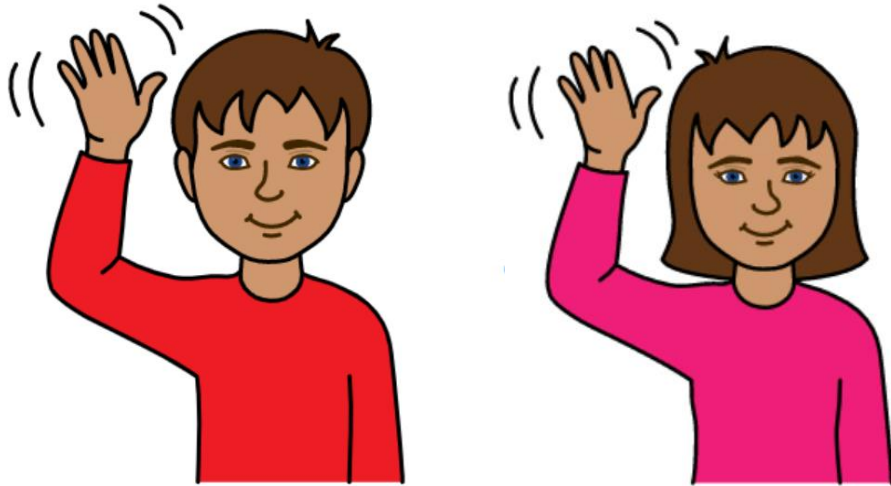


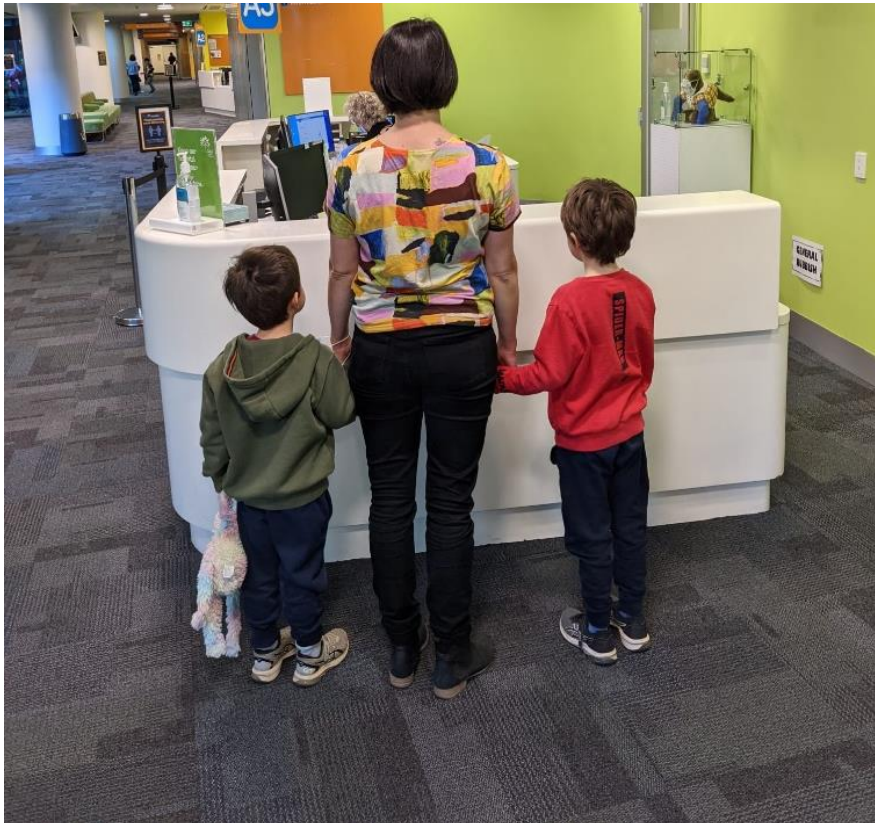


## VISITING THE PHYSIO AT THE HOSPITAL



We're going to visit the physiotherapist at the hospital.

We call her "the physio" for short.

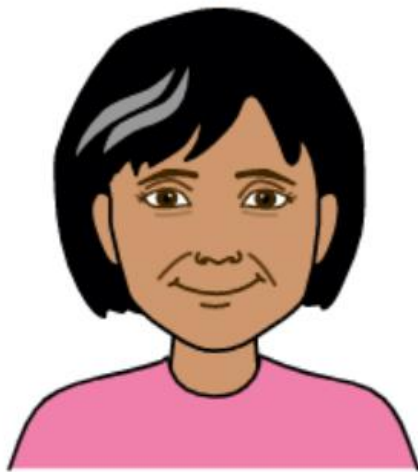


First, we will find the right desk and check in to tell the physio that we have arrived.



Then, we will wait until the physio is ready for us

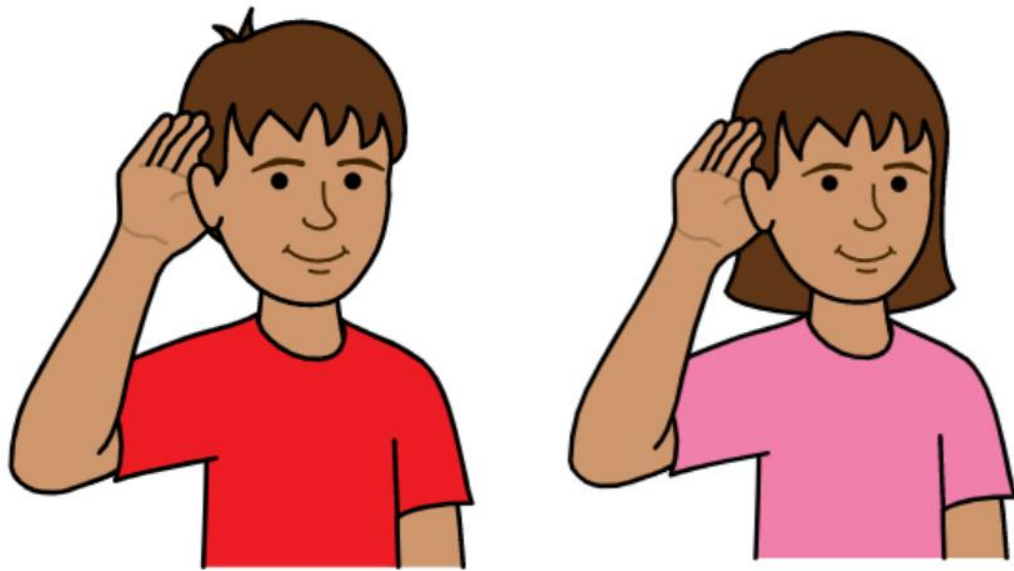
We'll bring something to play with while we wait.



The physio will come out to collect us.  
She will say hello, tell us her name and take us into the  
physiotherapy room.



It may look a bit like this.



When we visit the physio we need to listen carefully.

She will tell us what we need to do.

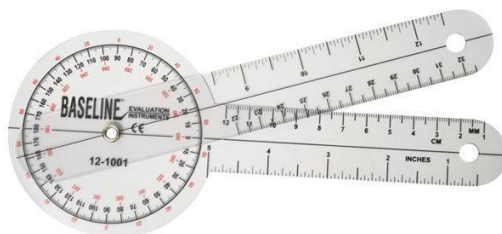


She may ask us to lie on the bed and relax while she moves our arms and legs



She may use a little ruler to measure how far our arms and legs can move.

This is called a goniometer.







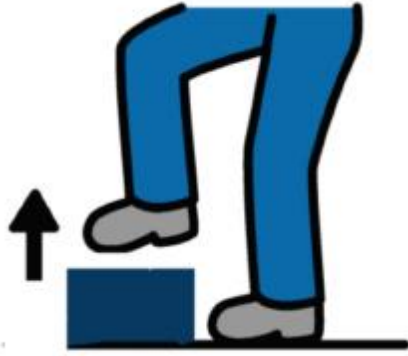
The physio will also ask us to do some activities.  
This helps her to understand how our body moves.



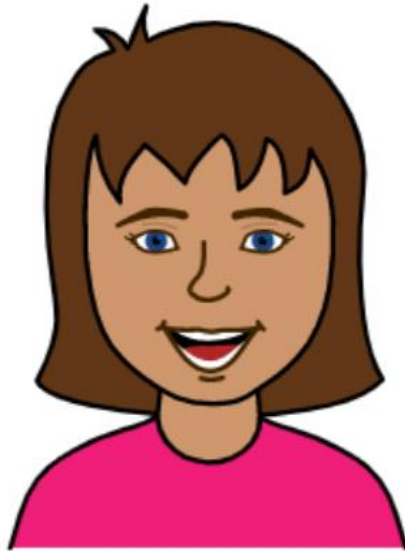
Some activities will be on the floor



Some may be sitting activities



Some may be standing activities,  
like climbing a step or a little run

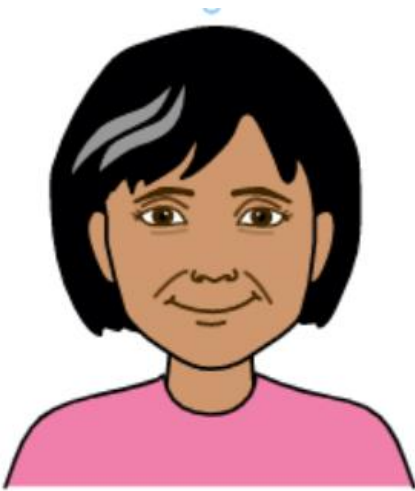


Some activities will be easy and fun



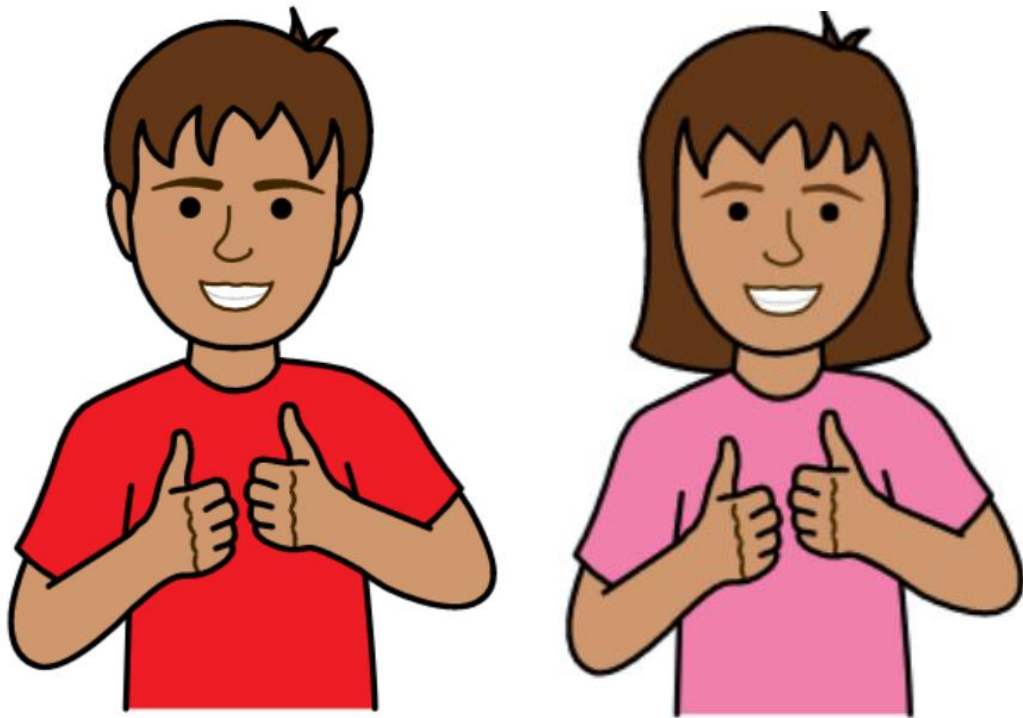
Others will be a bit harder.

That is ok.



The physio will be kind.

She will help us if we need it.



When we visit the physio,  
We just need to try our best and we will do great!