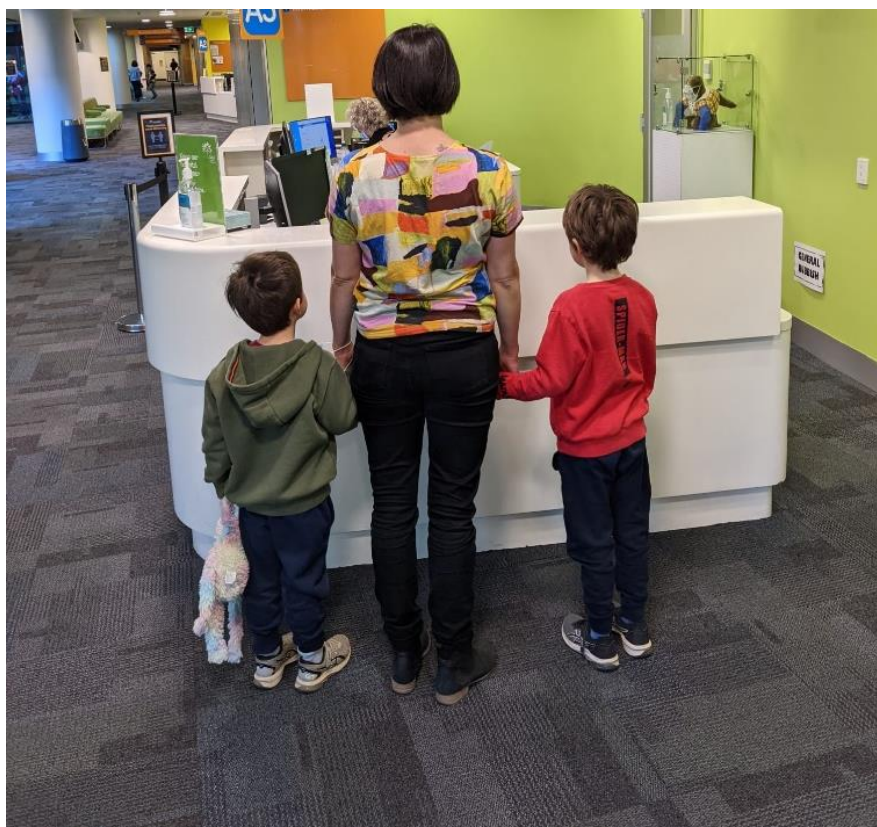




VISITING THE PHYSIO AT THE HOSPITAL



I'm going to visit the physiotherapist at the hospital,
called a "physio" for short.



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

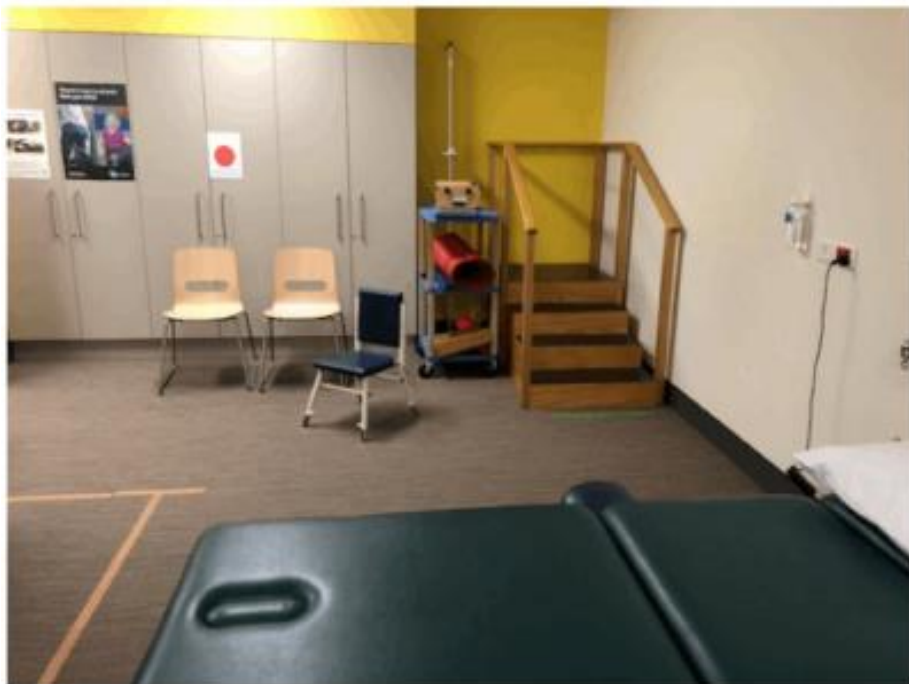


Then, we will wait until the physio is ready for us

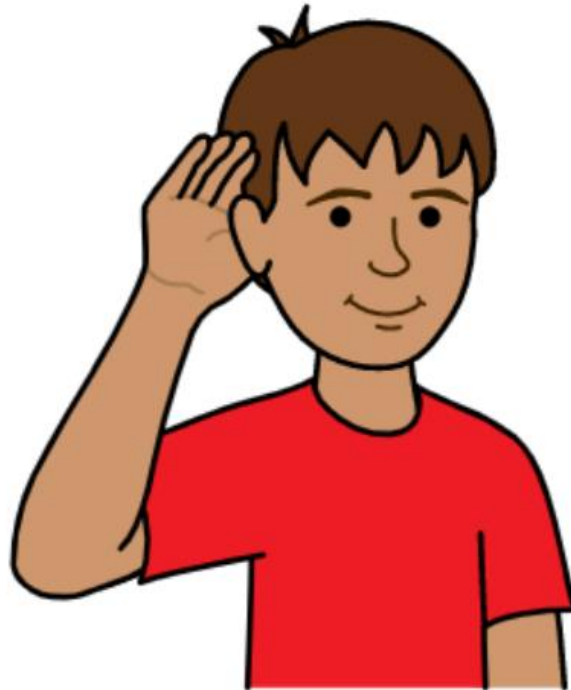
I'll bring something to play with while I wait.



The physio will come out to collect us.
She will say hello and tell us her name



She will take us into the physiotherapy room.
It may look a bit like this.



When I visit the physio I need to listen carefully.
She will tell me what I need to do.



She may ask me to lie on the bed and relax while she moves my arms and legs



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

This is called a goniometer.

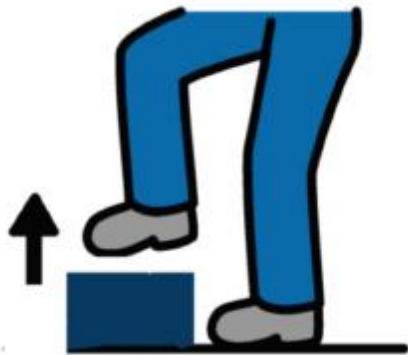




The physio will also ask me to do some activities.
This helps her to understand how my body moves.



So she may ask me to lie down and lift my head to look at my belly button

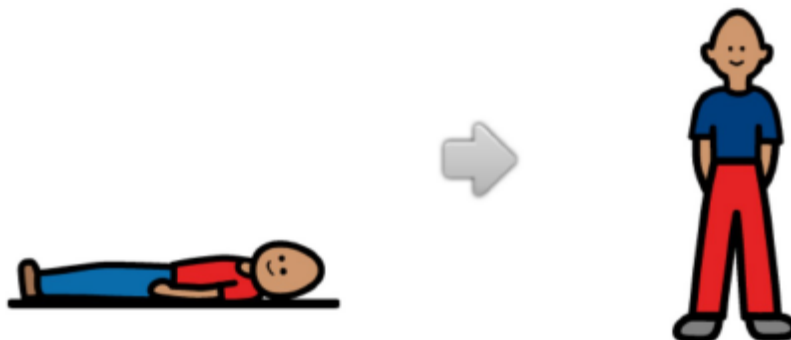


Or to carefully climb up and down a step

Some activities will be fast, like a race.

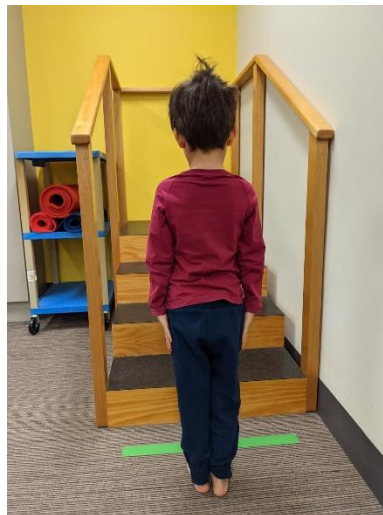
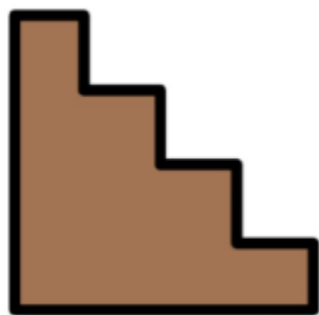


It may be,
to stand up as fast as you can.
Ready, set, go!





Or try to run to a traffic cone



Or to climb the stairs

Ready, set, go!

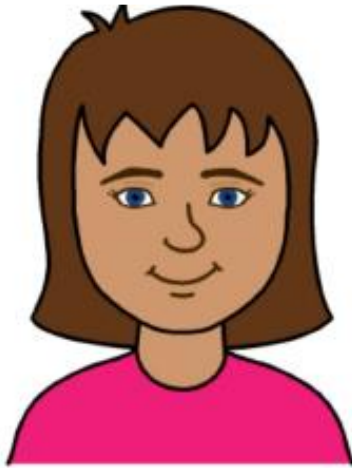


Some activities will be easy and fun



Other will be a bit harder.

That is ok.



The physio will be kind.

She will help me if I need it.



When I visit the physio, I just need to try my best and I will do great!