

**How the Bobath Centre meets the National Institute of Clinical Excellence (NICE) guideline:
“Spasticity guidelines in under 19 years: management”**

Therapy goals

- These are set jointly with children, carers and families, individually tailored to a child’s needs and shared with the local therapy team.
- Goals are set which are realistic and likely to be achieved, and regularly re-assessed to check if they are being achieved and therapy is then modified as necessary.

Therapy & therapy programmes: Therapists at the Bobath centre

- Give regular opportunities within therapy sessions for discussion, including about children’s individual potential and treatment options
- Develop individual therapy programmes with children, young people, their parents and carers and tailor these family’s needs and wishes regarding different types and amounts of therapy activities.
- Provide instruction and training in how to carry out the activities and a written copy of home therapy activities. These are shared with local community therapists.
- Aim to incorporate therapy activities into daily activities e.g. dressing, eating, changing, and show families how to carry out daily activities in the easiest way
- Advise about positioning children, muscle strengthening, stretching, exercises and activities which will improve the child or young person’s ability to carry out daily activities for themselves
- Modify and update therapy programmes if children have recently had an intervention likely to affect their condition such as Botulinum toxin injections, intrathecal baclofen pump, orthopaedic surgery or selective dorsal rhizotomy

Splints and other Equipment

- Therapists at the Bobath Centre may advise regarding existing or new splints and discuss potential advantages and disadvantages.
- Equipment which is used during therapy sessions or suggested, is selected to be most appropriate for an individual child’s needs.
- Therapists undertake risk assessments both of equipment and of procedures to move children in and out of equipment to ensure safety and in line with the Health and Safety policy of the Bobath Centre.

Specialist referral

- Therapists monitor children and young people’s condition for any signs of worsening spasticity (stiffness), pain or contractures or treatments if necessary.