

## Physiotherapy - Neonatal Referrals

Physiotherapy may be indicated for certain neonatal problems including:

1. Congenital talipes
2. Brachial plexus nerve problems
3. Neurological concerns e.g. preterm with PVL e.g. term with HIE

Please note that concerns about hip development should be referred using the Developmental Dysplasia of the Hip [guideline](#) and [referral form](#)

If in doubt, discuss with the neonatal registrar or attending neonatal consultant.

Any baby having any medical input should have their own notes.

Referrals to the Paediatric Physiotherapist:

1. Complete a physiotherapy referral form, ensuring that parental contact details are correct
2. For postnatal ward problems, write the details in the Physiotherapy Day Book on Joan Booker Ward
3. Bleep the paediatric physiotherapist (5157) or ring the Children's Physiotherapy Dept. at St. Peter's on ext. 2813
4. Explain to baby's parents that a referral has been made and document discussion in notes

Parents will normally be contacted within 1-2 working days by phone or letter if they have not already been seen on the ward.

Neonatal clinic follow up may also (but not automatically) be needed – please check the [follow-up guidelines](#).

**Positional talipes:** the physiotherapist will normally advise stretching exercises with no follow up.

**Talipes calcaneovalgus:** stretching exercises and a single follow up is normally offered.

**Structural talipes:** Ponsetti management with serial casting is usually recommended; note that babies must be 38 weeks at least to begin this process and Paediatric Orthopaedic follow up will be organised by the physiotherapist.

**Brachial plexus problems:** passive stretches and follow up will normally be offered. The physiotherapist may recommend referral to the Peripheral Nerve Injury Unit at the Royal National Orthopaedic Hospital at Stanmore, but they will not normally see babies before they are 2 months old.

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