

# The lower limb movement service

**This leaflet gives more information on what to expect if your child is offered an appointment with the lower limb movement service. If you have any questions or concerns, please contact us (details at the end of leaflet).**

## What does the lower limb movement service do?

We give specialist assessment, advice and treatment on issues surrounding your child's movement, especially in relation to their walking. This may mean procedures such as botulinum toxin A injections, changes to their medication, therapy programmes, or referrals to other services.

## Who will I see?

On your first visit you will see a consultant who specialises in neurodisability (conditions involving the nervous system), as well as a physiotherapist. On later visits you will see the physiotherapists in the therapy-led clinic unless your child specifically needs to see a doctor.

## What will happen at my child's first appointment?

We will talk to you about your child's medical history, development. We will:

- film your child walking
- measure your child's joint ranges and muscle power
- do other functional tests if needed.

We will then talk to you and your child about the results.

## What should we bring?

You should bring some shorts for your child to wear (so that we can easily see how their legs are working), and any splints or walking aids that your child uses.

## What happens next?

We will talk with you about any recommendations we have about your child's treatment, and let you know if we need to see your child again. If we do not need to arrange another appointment, we will ask your local paediatrician (children's doctor) or physiotherapist to monitor your child's progress, and they will let us know if it would be helpful to see us again. This avoids you coming back for multiple appointments that are not necessary.

## What if my child needs botulinum toxin A injections?

Botulinum toxin is used to reduce tone in selected muscle groups. It is given as an injection into the muscle, and reduces the **over activity** so that your child can move more easily.

If we decide that injections would be helpful for your child, we will place them on the waiting list for treatment. At the clinic appointment, we will tell you what is involved in receiving the injections, and answer any questions you have. You will come back to the hospital for the injections, which will be given at the Evelina Snow Fox day care unit.

### Follow-up

You and your child will need to come back to see us 2-4 weeks and four months after the injections, for follow-up assessments. This is so that we can check if the injections are working. Sometimes, after your injections, we may need to use a stretch cast to help improve the movement of your ankle. This means you having a cast on the lower part of your leg for a short time. It will be changed each week. If your child needs this, it will be decided at their first follow-up appointment, and we will need to see you each week until we stop casting.

It is important that you have a block of therapy arranged for after your injections to get the best result from the treatment. We will have asked your community therapist for this to be arranged, but please also tell your local physiotherapist what is going to happen.

## If you need to cancel or reschedule your appointment

Please call us, **t:** 020 7188 4000. This is the best way to make sure we know that you are not able to come.

### Contact us

If you have any questions regarding appointments, or the waiting list for injections, please call, **t:** 020 7188 4003.

If you have any questions regarding your child's physiotherapy, please call, **t:** 020 7188 4660.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** [www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

### Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

**t:** 020 7188 3003, Monday to Friday, 10am-5pm **e:** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)  
**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

**Leaflet number: 3843/VER2**

Date published: May 2020

Review date: May 2023

© 2020 Guy's and St Thomas' NHS Foundation Trust  
A list of sources is available on request