



Connecting you with care
Votre lien aux soins

South West
CCAC CASC

Community
Care Access
Centre

Centre d'accès
aux soins
communautaires
du Sud-Ouest

www.sw.ccac-ont.ca

Physiotherapy (PT) in Schools

Public and Separate Schools

Physiotherapists use a student-centered, consultative approach in the school setting, tailored to the needs of the student whose physical performance may be affected by physical or developmental difficulties. The goal of physiotherapy is to develop skills, restore function, prevent dysfunction and maintain ability. The physiotherapist working with students is concerned with the individual's ability to perform in the student role. Therapists use activities, techniques and modifications to facilitate and maximize a student's performance and participation at school. Consultation with the school staff, parents and other members of the team is

essential in addressing the total needs of the student. Students are seen at school. Prior to the visit, the therapist will notify parents and the school of the planned visit date and time. Home visit consultations may occur under specific circumstances.

Different sources i.e. parents, school personnel, and other team members can initiate referrals for PT. The principal or their designate will contact the South West CCAC with the referral information. The Care Coordinator will obtain information from a variety of sources, i.e. – school records, medical records, parent and teacher interviews to determine the eligibility of PT involvement. If the Care Coordinator feels that the

referral is appropriate, the Care Coordinator will forward the referral to the Physiotherapist. The PT will administer functional tests to assess the student's gross motor skills, and functional ability.

Physiotherapy intervention may include:

Liaison between Home, School and the community:

- Providing recommendations to the school, parents and community service providers to assist the student to achieve maximum function at school

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- Interpreting medical information and its implications for the student in school
- Assisting in the coordination of community, school and home resources
- Referring to appropriate community and medical services, such as seating clinic

Program Planning:

- Promoting range of motion, mobility, coordination and balance
- Promoting effective use of leisure time and inclusion in physical activities

Strategies to Create an Accessible School Environment:

- Assessing the environment to prevent, modify or alleviate architectural barriers, i.e. ramps, evacuation suggestions
- Recommending work simplification and energy conservation strategies

Recommending/ Adapting Equipment:

- Specialized equipment to promote mobility, function and range of motion

- Adjusting equipment to promote safety and efficiency of use

Educating School Staff, caregivers and Students:

- Providing information and training to individuals and groups, e.g. proper techniques for lifting and transferring
- Referring to other community resources for information

Through reassessment of each client, the Care Coordinator will determine the need for further SHSS PT services. Information from several sources is considered. Goals are revised if further PT is required. Results of the treatment plan are documented and communicated to parents and the school. A conference may be suggested to review progress, address barriers to progress, and develop plans. Students who no longer require PT service at school are discharged and follow-up recommendations are made.

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