

Referral Criteria for Musculoskeletal (MSK) Paediatric Physiotherapy

Cambridgeshire and Peterborough CCG

Service provision

- Paediatric musculoskeletal physiotherapy outpatients (age under 16 at the point of referral)
- Weekly Rheumatology clinics
- Weekly orthopaedic trauma/fracture clinic (with Paediatric Orthopaedic consultant)
- Elective Paediatric Orthopaedic clinics
- Specialist clinics for Ponsetti treatment (CTEV)
- Baby clinic (plagiocephaly/torticollis/erbs palsy)
- Group Gym sessions weekly

Referral Guidance

- This guidance is for use by health professionals to ensure appropriate children are referred to the musculoskeletal paediatric physiotherapy service at North West Anglia Hospital Trust (NWAngliaFT) and Cambridge Universities NHS Foundation Trust (CUHFT).
- The service accepts referrals from the following groups: GP's, Health visitors, Paediatric and Orthopaedic Consultants, Specialist Centre's (for local children), and Physiotherapists
- We accept GP referrals from Cambridgeshire and Peterborough GPs.
- Out-patients clinics are held at Peterborough City Hospital, Hinchingsbrooke Hospital, Stamford, Addenbrooke's Hospital and Princess of Wales Hospital. Gym facilities are more readily available at Addenbrooke's Hospital and Stamford.
All referrals are made through e-RS using the referral proforma.

Condition	Urgent/ Routine	Physiotherapy accepted	Alternative support
Acute Obstetric Brachial Plexus Palsy/ shoulder dystocia	Urgent	Yes -urgent referral to outpatient paediatric physiotherapy NB. if no active biceps recovery by 3 months then refer to specialist centre for orthopaedic opinion	APCP erbs Palsy management 2009 http://apcp.csp.org.uk/publications/obstetric-brachial-plexus-palsy-guide-management
Plagiocephaly / torticollis	Urgent	Yes - torticollis, sternocleidomastoid mass, restricted cervical ROM or a preferential head look No - if plagiocephaly only (ie without restriction in range of movement)	APCP website link for Tummy Time and plagio leaflets http://apcp.csp.org.uk/publications/tummy-time-poster http://apcp.csp.org.uk/documents/parent-leaflet-head-turning-preference-plagiocephaly-2011
CTEV (fixed talipes)	Urgent	Yes -urgent referral to physiotherapy and orthopaedics Referrals also accepted for antenatal information sharing session	Antenatal information session with physio/ortho Ponseti DVD
Positional talipes (PTEV) / metatarsus adductus / calcaneovalgus	Urgent	Yes -if any restriction in passive ROM No- if full passive ROM	If FULL passive ROM then reassurance, advice, expect improvement with time
DDH	Urgent	Yes- with urgent referral to orthopaedics	STEPS information leaflets HIP Spica DVD Website: http://www.steps-charity.org.uk/
Flat feet	Routine	Yes - if painful No- if asymptomatic	Leaflet http://apcp.csp.org.uk/documents/parent-leaflet-flat-feet-young-children-updated-2015 Consider Orthotics referral- if appropriate If patient has a negative Jacks test- Orthopaedic referral

Curly Toes	N/A	No	If toes lie on top or underneath adjacent toe by 3 years of age refer to orthopaedics
Normal biomechanical misalignments e.g. in toe, out toe, knock knee, bow leg	Routine	Yes- If pain/ asymmetry if any significant asymmetries in lower limb alignment refer to orthopaedic consultant No- if within normal age limit variations	Reassurance and advice- normal variant that will resolve with time APCP Leaflet: http://apcp.csp.org.uk/documents/parent-leaflet-intoeing-gait-updated-2015 Consider telephone consultation with physiotherapist for reassurance advice Refer to orthopaedics if any asymmetries
Tip Toe Walkers	Routine	Yes- Only if has RESTRICTED ROM into dorsiflexion No- if intermittent, or able to dorsiflex ankles passively or walks with age appropriate gait	Advice and Footwear advice leaflet: http://apcp.csp.org.uk/documents/parent-leaflet-choosing-footwear-children-updated-2016
Hypermobility (e.g. Ehlers-Danlos Syndrome)	Routine	Yes - if patient has associated musculoskeletal pain	Hypermobility leaflet: http://apcp.csp.org.uk/documents/parent-leaflet-symptomatic-hypermobility-2012
Inflammatory Conditions	Urgent	No- Refer to paediatric rheumatology if joint swelling persists for longer than 6 weeks	
Post fracture/trauma injury e.g. dislocations, ligament injury, muscle tears, whiplash	Urgent	Yes- if patient has limited ROM/function/strength/significant pain	

<p>Post op orthopaedic rehab e.g. Joint and spinal surgery</p>	<p>At doctors discretion</p>	<p>Yes – consultant referrals accepted for rehabilitation</p> <p>No- If no rehabilitation requirements post-surgery</p>	
<p>Spinal pain /scoliosis</p>	<p>Routine</p>	<p>Yes- for post-operative patients, spinal pathology, and posture if significant pain associated, despite doctors’ advice</p> <p>No- Pre-pubertal children especially younger than 6 years. Refer to rapid assessment clinic or emergency department</p> <p>No- children presenting with red flags, urgent care treatment/ specialist opinion at doctor’s request. Refer to rapid assessment clinic or emergency department</p>	<p>Posture leaflet- school bag advice: http://apcp.csp.org.uk/documents/parent-leaflet-choosing-right-school-bag-updated-2016</p> <p>Red flags- APCP advice leaflet: http://apcp.csp.org.uk/publications/apcp-information-physiotherapists-paediatric-msk-warning-signs</p>
<p>Chronic fatigue, fibromyalgia</p>		<p>No- our service does not provide treatment for chronic fatigue patients</p>	
<p>Overuse injuries e.g. severs, Osgood’s, tendonitis, bursitis, Singen Larsen</p>	<p>Routine</p>	<p>Yes – strict modification of sport must be advised prior to treatment with advice regarding ICE therapy</p> <p>No – re Osgoods Schlatters pain persisting for more than 6 months refer to paediatric orthopaedics for surgical opinion</p>	<p>Fact sheets- Severs and Osgood’s: http://apcp.csp.org.uk/documents/parent-leaflet-osgood-schlatters-disease-2015</p>

<p>Any child with a pre-existing condition, which will have a significant impact upon their developmental potential, for example, Down's syndrome, or other chromosomal disorders; any child with identified neurological damage from ante, peri or post-natal causes; any child whose developmental progress is giving significant cause for concern.</p>	<p>N/A</p>	<p>No</p>	<p>If Child lives in :- Peterborough please refer to Child Development Centre , City Care Centre, Peterborough Lincolnshire please refer to St. Johnstone Hospital, Spalding Cambridgeshire please refer to Cambridgeshire Children's Community Services Leicestershire please refer to Children's Community Physiotherapy Service Bridge Park Plaza, Bridge Park Road, Thurmaston, Leicester LE4 8PQ</p>
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