

Paediatric Testimonials'

"Pam assisted in treating my 8 year old daughter who has a weakness in her left side due to a [stroke](#) when she was 18 months old.

My daughter was struggling to ride her bike as her left foot kept coming off the pedals and her left grip wasn't strong enough to hold the bike straight. After an initial assessment with Pam and then a number of exercises performed and then followed up at home with an exercise plan, she was riding her bike within weeks of first seeing Pam.

Pam's approach and manner quickly relaxed my daughter and they built up a rapport very quickly, in my view this was critical to my daughter then wanting to perform the exercises Pam had given her to do at home.

She has also been excellent for me in explaining in more detail what the issues are and the best way I can help my daughter overcome them. She is extremely down to earth and practical and understands what a busy family life is like ensuring the plan she gives you is realistic and manageable.

I would recommend her very highly indeed and will continue to ask her to work with my daughter to help her lead an active and healthy life as I've seen the difference she can make." *Roisin Currie*

"I noticed my son [never had very good balance](#) and used to fall over a lot. I saw GP and local CDC who assured me nothing wrong. But I knew his balance and gait wasn't quite right. Thankfully after an assessment by Pam and some appropriate exercises, balance improved dramatically. She also believed my concerns and listened and reassured me. My son loves playing football and thanks to Pam he has been able to pursue his passion and play to Academy standard. I have no doubt had his balance problems not been resolved he wouldn't have achieved so much in his sports." *Charlotte Barker*

"My son was advised to use rigid carbon insoles in his shoes to correct how his feet struck the ground when [walking](#). Pam offered advice on how to correct the cause of the problem rather than simply the result of it. Within a couple of sessions Pam's expertise and friendly approach had put my son completely at ease and had him walking correctly without the need for insoles!" *Rachel Anslow*