



Frequently Asked Questions

Q. *How long are the sessions?*

A. This will be discussed in more detail at the first consultation visit. Or contact me directly for more information.

Q. *Are sessions specific to each child as an individual?*

A. Yes, each child is different and at different stages of the therapy process, therefore each session is tailored to the child's ability, age and overall progression plan.

Q. *Do you offer initial taster sessions or initial consultations?*

A. A single consultation session for new clients is available upon request and subject to diary availability. During this single session, a consultation and assessment will take place in order to plan for future courses

Q. *Do you provide school absence letters for therapy?*

A. Yes we do. This is available upon request and can be supplied in a hard copy format or electronically.

Q. *How are the courses structured?*

A. Each session starts with a stretch and warm up exercises dependent on the child's capabilities. This is then followed by the main part of the session which focuses on the individual requirements of the child i.e. strength, agility, function and technique etc.

Q. *Will you provide home programs and goals for the next session?*

A. Yes, each child and family will have a "Progression" plan, which focuses on consistency and progress. It is tailored to the ability of the child and will also have measurable indicators that will be assessed periodically.

Q. *Do I need to bring anything to the session(s)?*

A. Please ensure that the child is dressed in suitable clothing i.e. shorts/joggers and t-shirt, along with suitable and clean footwear. Also bring any splints, shoe inserts, walking frames and any other aids.

Q. *Can our regular PT/Physio attend a session?*

A. At SDR Progression, it's all about inclusion. There is no problem with a PT/Physio attending a session as long as it is discussed in advance. A PT/Physio can also contact me outside of sessions if they require.

Q. *What can I do during my child's sessions?*

A. It is encouraged that parents engage in sessions in order to assist with the progression plans at home.



Q. *When can I book a consultation, session or course?*

A. Bookings for any of the above can be made at any time during the year subject to availability.

Q. *Do you require a deposit?*

A. No deposit required.

Q. *Do you accept payments from charities?*

A. Yes we accept fee payments from charities. If your charity is not already featured on the SDR Progression website, this can be arranged upon your request.

Q. *Does SDR Progression have any relationships for discounts, with nearby hotels?*

A. Visit the Affiliates page for more information at www.progression.org.uk/affilaites