



Gemma Rous

Independent Paediatric Physiotherapy

Gemma qualified in 2007 from Brunel University, London and has gained broad experience working in a wide variety of paediatric posts, both in the United Kingdom and overseas. She has worked in a number of environments across private practice, schools, charities and clients' homes. She has also been involved in the development of healthcare service provision within special needs educational settings in London, Kampala (Uganda) and Dhaka (Bangladesh).

She has previously worked privately in both London and Oxford and has been involved in medical legal work. She is excited about expanding her services with GRIPP across North Devon.

Gemma has a clinical interest in early intervention and treating neurodevelopment / neurological conditions in the growing child.

In order to develop her skill set she has partaken in a number of different post-graduate courses, the most influencing to her therapeutic practice being the Bobath Foundation Course and Level 3 specialist Paediatrics Kinesio Taping.

She enjoys working with children of all ages & abilities. Having competed at international level in sport (and being on the receiving hand of many a therapy session), she understands the frustrations and can empathise with young athletes on the road to recovery. She enjoys the challenge of being creative in rehab to support their return to sport.

Since having her baby Gemma has been passionate about helping Mums regain fitness and strength post-partum. She therefore started up "Mumma Circuits", a fitness class to help support mothers to regain their fitness alongside baby, providing sensory play and support/advice as needed.

Alongside her private work, Gemma currently works for the community paediatric team in North Devon, providing assessment treatment for the 0-19 age group. Her clinical case load includes children with both neurological and orthopaedic conditions and she has extensive assessment, treatment and management skills.

Gemma Rous

Bsc, Bobath Therapist, MCSP, APCP

Bobath Foundation Course
Level 3 Specialist
Paediatrics Kinesio Taping



Body Aware Pilates

STUDIO & CLINIC



GRIPP Physiotherapy

Mumma Circuits Class

- Per session **£6.50**

(Monthly block booking discount available)

Paediatric Physiotherapy 1:1

- From (30 minutes) **£30.00**

Group Physiotherapy - Please contact
(Prices vary dependent on group size)

Contact : Gemma Rous

07846 856998

Email: gemrous@gmail.com

www.bodyawarepilates.co.uk

Telephone: 01271 855828 / 07846 856998

Email: gemrous@gmail.com

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Body Aware Pilates

STUDIO & CLINIC

155 High Street, Ilfracombe

01271 855828 Devon EX34 9EZ



Physiotherapy for Children

At Gemma Rous Independent Paediatric Physiotherapy (GRIPP), we believe that Children are not just mini adults, therefore paediatric physiotherapy aims to make treatment fun & therapeutic; after all, a Child's 'Occupation' is to play! Children grow and develop at different rates. Therefore what is suitable for a 6-month-old is very different to the needs of a 6-year-old. Treatment sessions will always be individual to the changing needs of your child.

We believe each child is unique. Therapy sessions will be adapted dependent on the age and abilities of the child, taking into account physical impairments, cognitive abilities, congenital difficulties, sensory disorders and other unknown entities. Many factors affect neuro-development and skeletal maturation in the growing child, therefore a holistic approach is always used, taking into account social and emotional factors alongside physical health.

Following an assessment with GRIPP you will be given advice on activities to carry out at home and provided with a bespoke exercise programme. Follow-up appointments will be offered to assist with ongoing treatment needs and programmes updated as needed.



Aims of Treatment

- ⌘ Reduce pain / discomfort.
- ⌘ Improve function and independence.
- ⌘ Increase strength and stability.
- ⌘ Assist in better postural alignment and movement patterns.
- ⌘ Learn strategies to cope with abnormal movement patterns.
- ⌘ Prevent any secondary complications often associated with growth.
- ⌘ Educate to increase understanding of the presenting problems.



Examples of Conditions Treated

- ⌘ Neuro-developmental / motor delay including work with pre-term infants.
- ⌘ Neurological conditions, i.e. Cerebral Palsy, Spina Bifida.
- ⌘ Developmental Co-ordination Disorder and balance difficulties, including Dyspraxia.
- ⌘ Hypermobility / lax ligaments.
- ⌘ Undiagnosed genetic / congenital conditions.
- ⌘ Orthopaedic postural impairment, i.e. complications post fracture.
- ⌘ Musculoskeletal / pain problems in the developing child.

