

What is... **Selective Dorsal Rhizotomy?**

Selective Dorsal Rhizotomy (SDR) is a surgical procedure that involves making one incision in the lower back to allow access to the end of the spinal cord and nerve roots. It is performed under a general anaesthetic and the nerve roots that contribute to spasticity are divided. Spasticity should be reduced immediately after surgery allowing the child to build on leg weakness (which lies underneath) and learn to use their body in a new way.

Providing
specialist physios
in SDR



Did you know?

SDR is most commonly used for children with diplegia (spasticity of 2 limbs) (1)

Diplegia accounts for 25-30% of children born with cerebral palsy (1)

Technique 1st developed in early 1900's but now much more advanced

What is the role of Physio?

Before Surgery

- Thorough assessment of your child with discussion of SDR goals
- Strengthening programme before surgery is essential especially if your child is having multi level orthopaedic surgery as well as SDR
- Outcome measures of your child's baseline function are taken which will be carried out again after surgery to prove the benefits of SDR

After Surgery

- Providing treatment sessions that are aimed at strengthening the legs, trunk and pelvis which helps increase the movement in the legs therefore improving walking and standing
- Helping the child to develop isolated movements of the legs after SDR
- Maintain the range of movement in the legs achieved with reduced spasticity
- Teaching parents/carers and school assistants to participate in the rehabilitation process

Why use Physiocomestoyou?

- Highly specialised paediatric physiotherapists able to help your child every step of the way through the SDR process
- Our physiotherapists are members of the Association of Paediatric Physiotherapists
- Our physios use evidence based practice and research to ensure they offering the most up to date treatment for children undergoing SDR.
- Our physios will ensure good links with your local NHS service following your child's SDR to ensure joint goal setting
- Our physio have close links with UK and USA based SDR teams and follow any immediate post operative protocols
- If the SDR treatment occurred abroad our team will send update reports to the surgeon



I heard about Physiocomestoyou as they have physios who specialise in treating SDR. My child's physio has been fantastic. She prepared my child for SDR and made sure the best treatment was carried out afterwards by linking with the SDR teams.



what do we provide?

- Paediatric physios who are able to come to your child's home, school or nursery
- First appointments within 24 hours
- All of London within M25 covered and extending nationwide
- Weekend and Evening appointments available
- No need to arrange child care or take them out of school
- Affordable fees



Contact us

email info@physiocomestoyou.com

or call on 020 7884 0374

or visit us online at www.physio4thekids.com



[Physiocomestoyou4Kids](https://www.facebook.com/Physiocomestoyou4Kids)



[@No1physio4kids](https://twitter.com/No1physio4kids)



[Physiocomestoyou Ltd](https://www.linkedin.com/company/Physiocomestoyou-Ltd)