**Physiotherapy Progress Awards**

All students start at bronze and can progress through to gold. The steps can be varied for the individual as set out below.

The aim is for students is that they

* optimise their skills and independence in following their physiotherapy guidelines
* generalise their skills outside of their physio sessions
* develop their understanding of the importance of following beneficial routines to optimise physical strength, health and wellbeing
* understand what each exercise does.

The programme also aims to build up student’s confidence, self-esteem and motivation to empower them to continue to follow beneficial routines into adulthood.

The physiotherapy team have developed 3 awards to

* help students to understand their progress
* motivate them along the way
* reward them for their commitment to following their physiotherapy programmes and guidelines.

**Students must achieve the following to gain the awards**

**1st step - Bronze award - let’s get started**

* Undertake the agreed physiotherapy activities in regular sessions over an agreed period with the physio team and support team/ family member present.

By the end of the period term you will be able to do the following:

* Come into the area/room with minimal prompting.
* Take off your shoes with as much independence as possible.
* Remember the position you start the session with.
* Do x 2 exercises with verbal promoting only/ as much independence as possible (this will vary depending on physical complexity/ ability).

**2nd step - Silver award- develop your skills**

* Continue to attend regular sessions as agreed (this may be with your physio or with your support team/family as planned and agreed)

**During the group you will be able to -**

* Do x 3-4 exercises with minimal verbal prompting/ as much independence as possible.
* Remember x 2 exercises that happen in the sequence and briefly explain/ show how you feel they are helping you.

**Generalisation of skills**

* Start to follow your physiotherapy programme outside of the sessions (supported by your support team/family as appropriate).

**Final step- Gold award - optimising independence**

* Continue with your regular sessions as agreed with your physio - this may be with your physio present or with your support team/family member as agreed.

**During the session you will be able to**

* Complete ALL exercises with verbal prompting only/ as much independence as possible (or with minimal support for students who require physical assistance due to complex needs).
* Remember all exercises in the sequence (the length of the sequence will vary from student to student depending on the individual as planned and agreed)
* Be able to explain/show how they are helping you.
* Send a photo or a video (with help from your support team) to your physio to let them know how you are getting on.

**Generalisation of skills**

* You will be motivated to follow your physiotherapy programme regularly with minimal support.