

## Physiotherapy Department

Direct Line: 020 7014 7025

Direct Fax No.: 020 7014 7236



Children and Young People's Centre  
for Development and Disability

18/06/2012

Hackney Ark  
Downs Park Road  
London E8 2HY

Tel: 020 7014 7000

Fax: 020 7014 7001

To whom it may concern,

### Re: Exercise group

I understand our patient has been participating in a ten week block of exercise sessions with your organization. He has been attending Physiotherapy alongside this group and has a program of activities targeting his core stability and leg muscle strength. Since he was last reviewed five weeks ago, he has made a lot of progress with his core stability and endurance with exercises and is also a lot more willing to participate in challenging activities. He has not been taking part in his Physiotherapy program, for several reasons personal to the family, however has made a lot of progress. I feel that this is likely to be a result of the group he has been attending. He is not always motivated to do exercise, however I understand that he finds the peer support and format of the group really encouraging.

It would be of huge benefit for him to attend another block of these exercise sessions and I would greatly appreciate if you would consider this when prioritising your next group.

Thank you very much for your assistance and help. Please contact me if you wish to discuss anything.

Many thanks

Kind regards

**Deneil Fernandez**

**Specialist Paediatric Physiotherapist**