Paediatric Neuromuscular Service
Patient Information
Neuromuscular clinic

Some useful information for children, young adults and parents

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Contact no.
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Publish/Review date
January 2018/January 2021
Filename
Neuromuscular_clinic
Version no.
2
Reference
PIN3715

Other formats:
If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team: patient.information@addenbrookes.nhs.uk.
Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.

We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.
Who are we?
We are a team of doctors, physiotherapists, neuromuscular care advisers and a specialist nurse that provides specialist help to children, young adults and families with muscle and nerve disorders.

We assess and treat children/young adults with a wide range of neuromuscular problems.

Most referrals to our clinic are from other paediatricians but sometimes they come from family doctors (GPs), community doctors and other people working with children/young adults.

Children/young adults are seen up to the age of 16 years.

Aims of your consultation
- To meet you/your family to discuss and explore the problem/problems
- Detailed physiotherapist assessment
- Suggest a management plan and if necessary arrange for some tests
- Arrange follow up if required

What should I expect?
The appointment may last for an hour or longer, this is because you will need to see different professionals at the same appointment (for example a physiotherapist and then the doctor – or sometimes you may see two different types of doctors).

What will happen during the consultation/appointment?
- You/your child will see the physiotherapist for a thorough physical assessment. They may ask you/your child to perform some physical exercises.
- You/your child will then see the doctor who will go through the history and make detailed electronic notes.
- Depending on you/your child’s condition, you may see two doctors.
- They may then arrange for further investigations such as blood tests which will be arranged as soon as possible.
- The doctor will then arrange a management plan for the future, looking at lifestyle, medication and schooling.

Useful information to tell the doctor
- Particular worries you have about yourself/your child
- Medication types, dosage and frequency
- Relevant family history of neuromuscular disorders

Please ensure that your child wears shorts or loose clothing whilst coming to the appointment as it may be necessary to examine their legs in clinic for assessment.

How to find us…
Your appointment will be at:
The child development centre (CDC)
Children’s Services, Box 107
Addenbrooke’s Hospital
Hills Road, Cambridge
CB2 2QQ
Tel: 01223 216662
(Hospital extension 2662)
Fax: 01223 242171

The child development centre is found by following signs for the Rosie.

The nearest public car park is car park 2. There are three disabled parking spaces available outside the CDC.