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Return to Physical Activity

Paediatric Management Advice Leaflet

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Safe | Personal | Effective

The COVID lockdown has had significant impacts on the normal levels of activities of some children and adolescents. This has meant that children may not have been participating in their usual activities or recommended daily activities.

Age	Government recommended Activity
Babies Under 1 year	Move throughout the day in a variety of ways including crawling, rolling, sitting and tummy time.
Toddlers 1-2	At least 180 mins of varied physical activity indoors and outdoors.
Pre-schoolers 3-4	At least 180 mins of varied physical activity indoors and outdoors.
5-18 years	60 mins daily

Impacts of inactivity for children and adolescents:

- Weight gain
- Excess body fat
- Poor posture
- Muscle deconditioning
- Poor cardiovascular fitness
- Generalised joint pain

When returning to usual hobbies and recreational activities it is important that this is done with a few things in mind.

Pace:

- Break up activities into shorter time frames — take rest breaks in between activities
- Work at a slower less intense pace initially
- Gradually increase the amount of time doing a specific activity
- Change activities frequently to use all parts of the body

What to expect on return to sports and physical activities

- Muscle soreness - due to using your muscles, this will ease after a few days.
- Exercise may feel difficult and overwhelming but this will get easier the more you gradually do.
- You may not be at your previous levels of fitness however you can build this up in time.

Gradual return to sports

Competitive sports generally require a high level of physical fitness. During a long period of inactivity or not being at the previous level of fitness, will require some time to build back up.

Physiotherapy

In most cases your child will not need to be seen by a Physiotherapist for returning back to activity. Following returning back to sports/activities allow time to adjust back to physical fitness.

Paediatric Physiotherapy Department

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Polish

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Punjabi

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Urdu

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Bengali

আপনি যদি এই **প্রচারপত্রটি** অন্য কোন আকারে বা অন্য ভাষায় চান, তাহলে যোগাযোগ করবেন paeds.physiotherapy@elht.nhs.uk

Romanian

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