

CEREBRAL PALSY

What is it?

- Cerebral palsy is the most common motor disability in childhood
- Cerebral means having to do with the brain. Palsy means weakness or problems with using the muscles.
- It is an abnormal brain development or damage to the developing brain that affects a person's ability to control his or her muscles.



Types of CP

- Stiff muscles (spasticity)- increased muscle tone.
- Uncontrollable movements (dyskinesia)- problems controlling the movement of their body
- Poor balance and coordination (ataxia)- hard time with quick movements or movements that need a lot of control

Signs and Symptoms

Younger Than 6 Months of Age

- head lags when you pick him up while he's lying on his back
- feels stiff
- feels floppy
- When picked up, the legs get stiff and they cross or scissor

Older Than 6 Months of Age

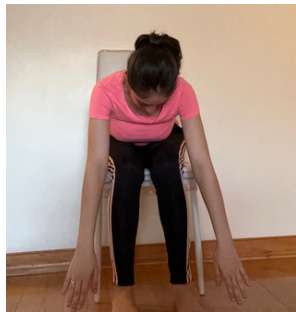
- doesn't roll over in either direction
- cannot bring her hands together
- difficulty bringing her hands to her mouth
- reaches out with only one hand while keeping the other fist

EXERCISES AND CEREBRAL PALSY

SIT AND BALANCE

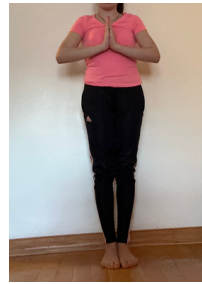
MAKE SURE THAT YOUR CHILD'S FEET ARE FLAT ON THE FLOOR. IF THEY ARE ABLE TO SIT UP ON THEIR OWN, ALLOW THEM TO REACH AND TOUCH THE FLOOR WITH THEIR FINGERS. IF THEY ARE NOT ABLE TO HOLD THEMSELVES UP, TRY SUPPORTING THEM BY HOLDING THEIR HIPS AND LET THEM DO THE SAME ACTIVITY.

TO ADD MORE CHALLENGE, YOU CAN ASK THEM TO REACH FOR A TOY OR AN OBJECT AND THEIR FEET SHOULD REMAIN ON THE FLOOR.



SINGLE LEG BALANCE

CAREFULLY LIFT ONE KNEE UNTIL IT'S ALIGNED WITH THEIR HIP. LET THEM HOLD THE POSITION FOR AT LEAST 15 SECONDS. ALTERNATE THE PROCESS WITH THEIR OTHER LEG THIS TIME.



SUPERMAN EXERCISE

LET YOUR CHILD LIE DOWN ON THEIR STOMACH THEIR ARMS AND LEGS EXTENDED ON THE GROUND. ALLOW THEM TO RAISE THEIR ARMS AND FEET OFF THE FLOOR WHILE KEEPING THEIR STOMACHS FLAT ON THE GROUND. LET THEM HOLD THE POSITION FOR THREE (3) SECONDS BEFORE LOWERING THEIR ARMS AND LEGS ON THE FLOOR.



CRAWLING

INSTEAD OF MOVING BOTH LEGS AT THE SAME TIME, ENCOURAGE YOUR CHILD OR LOVED ONE TO MOVE ONE LEG AFTER THE OTHER.

YOU CAN INCREASE THE CHALLENGE OF THIS SIMPLE CORE EXERCISE BY HAVING THEM CRAWL OVER OBJECTS.

