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facts about physiotherapy and cerebral palsy



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Every 20 hours an Australian baby is born with CP



According to the Australian Cerebral Palsy Register:

- the prevalence of cerebral palsy (CP) has declined by 40 per cent over the past 30 years
- despite the decline for children born from 32 weeks, the rate of CP among very and extremely preterm children is increasing
- 30 per cent of children born with CP live in regional Australia.

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Early diagnosis of CP is possible and necessary



Signs that a baby should be assessed for CP include:

- hand preference before 12 months
- stiffness or tightness in the legs between six and 12 months
- head lag beyond four months
- inability to sit without support beyond nine months
- consistent asymmetry of posture or movement beyond four months.

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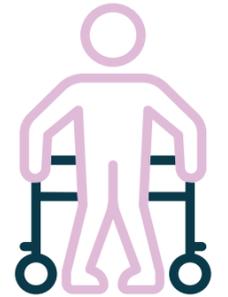
The leading CP body is now the Oceania Academy



The Oceania Academy of Cerebral Palsy and other Childhood-onset Disabilities:

- promotes excellence in research and best practice clinical care
- provides multidisciplinary scientific education for health professionals and resources and information for clinicians and families.

2



Multiple motor disorders are common in CP

Accurate identification of motor disorders is essential to support intervention choices, given that:

- people with CP may present with spasticity, dystonia, choreoathetosis, ataxia and generalised hypotonia with increased reflexes - in isolation or in combination
- dystonia is associated with more severe functional impairments and intellectual impairment
- no one intervention will address all the needs of all children.

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Guideline aims to improve physical function in children with CP



To improve physical function, intervention should:

- be fun, motivating and based on a client's self-chosen goals
- involve whole-task practice
- occur in an environment relevant to the goal.

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