



Bicycle-riding for children with cerebral palsy:

a randomized controlled trial

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Cerebral palsy is the most common physical disability of childhood in Australia. Physical activity goals that are meaningful and engaging for children with cerebral palsy is supported by strong evidence for improved motor activities, function and self-care.

2



Researchers set out to determine whether a task-specific physiotherapist-led training approach is more effective than a non-specific parent-led home program for attaining bicycle-riding goals in ambulant children with cerebral palsy.

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62 ambulant children with cerebral palsy aged 6–15 years with bicycle-riding goals participated in this trial.

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31 children in the parent-led home group were provided with a practice schedule, generic written information and telephone support.

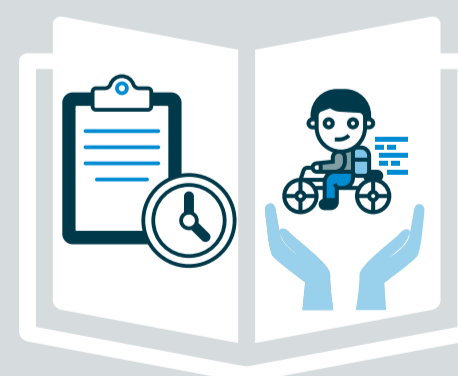
31 children in the task-specific group participated in a physiotherapist-led, group-based, intensive training program.

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Children in the task-specific training group had greater odds of goal attainment than those in the parent-led home program at 1 week after intervention, with evidence for superiority retained at 3 months.

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An evidence-based approach that includes dosage and task-specific progression now exists for clinicians working with children with cerebral palsy who have bicycle-riding goals.