

Physical therapy approaches for rehabilitation of children with cerebral palsy: A review article

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Abstract

Rehabilitation of children with cerebral palsy (CP) includes several approaches and techniques, ranging from conservative and conventional techniques to more complex motor learning-based theories, such as neurodevelopmental treatment and sensory motor integration. Motor disorders seen in CP are frequently accompanied by disturbances of sensation, cognition, communication, perception, and/or behavioral disorders; thus, therapy approaches are arranged to meet the individual child's needs. Application of evidence-based methods ensures maximum gains in children. Successful physical therapy protocols are based on task-specific exercises and active participation which induce potential plasticity of the central nervous system (CNS) and thus improve motor recovery. Rehabilitation of children with CP is directed to enhance motor development, gait, balance and functional capacity. The goal of this review was to present different techniques commonly used in rehabilitation of children with CP.

Key words: Cerebral palsy, rehabilitation, physical therapy,