

Cerebral Palsy

- InformationWhat is Cerebral Palsy (CP)?¹

- Cerebral = brain
- Palsy = weakness or difficulty using muscles
- CP is caused when abnormal brain development or damage to the developing brain occurs affecting the individual's ability to control their muscles.

- What are signs/symptoms of CP?²

- Variable muscle tone. Either too stiff or too floppy.
- Delays in reaching motor milestones.
- Difficulty walking. Often walking on toes, with knees bent, and legs crossing in front of each other.
- Difficulty eating and swallowing
- Difficulty speaking and learning
- Difficulty with fine motor skill
- Seizures

Any presentation of these symptoms you will want to consult your child's physician.

- Terms your Doctor may do use when describing your child's CP?²

- Spasticity = stiff muscles and exaggerated reflexes
- Rigidity = stiff muscles and normal reflexes
- Ataxia = decreased balance and coordination
- Tremors = Involuntary movements
- Athetosis = slow, involuntary, writing movements

- Things you should monitor regarding your child's CP?

- Contractures = stiff joints that are difficult to move.
- Increased fall risk
- Malnutrition and dehydration

- What activities should you engage in with your child?

- Walking
- Stretching and positioning
- Strength and balance Training

see stretches and exercises on the website and consult your physical therapist for more information.

- What resources are available for caregivers and children with CP?

- Support groups
 - https://www.co.genesee.ny.us/departments/office_for_the_aging/united_cerebral_palsy_association.php
- Camps
 - <https://baycliff.org/programs/cerebral-palsy-family-camp/>
 - <https://conductivelearningcenter.org/programs/summer-camp-i/>



- Community resources
 - <https://www.abclawcenters.com/michigan-cerebral-palsy-guide/cerebral-palsy-resources-in-southeast-michigan.html>
 - <https://www.michiganallianceforfamilies.org/cerebral-palsy/>

Citations:

1. Centers for Disease Control and Prevention. 2020. *What Is Cerebral Palsy?* | CDC. [online] Available at: <<https://www.cdc.gov/ncbddd/cp/facts.html>> [Accessed 1 October 2020].
2. Mayo Clinic. 2020. *Cerebral Palsy - Symptoms And Causes*. [online] Available at: <<https://www.mayoclinic.org/diseases-conditions/cerebral-palsy/symptoms-causes/syc-20353999>> [Accessed 4 October 2020].