



Cerebral Palsy September Month 4 September – 1 October 2017

September - a fundraising month for those living with cerebral palsy.

Cerebral Palsy is a term used to describe a group of disabling conditions affecting movement and posture.

Facts:

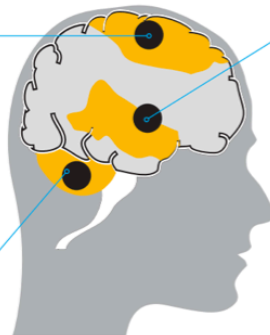
Cerebral Palsy...

- is caused by a defect or lesion to one or more specific areas of the brain, usually occurring during foetal development, before, during or shortly after birth or during infancy.
- can affect different parts of the body and may include 1,2,3, or all 4 limbs. When all four limbs are affected it is called (Quadriplegia). When two limbs are involved this may affect one (Hemiplegia) or both sides (Diplegia) of the body.
- affects 1 in 500 New Zealand babies.
- is the most common physical disability in childhood
- affects 17 million world wide
- is not a progressive disorder (meaning it doesn't get worse over time)
- is **not** curable
- responds to training and therapy aimed at improving function
- can be mild to severe.
- has a significant emotional, financial and physical impact on the families of those diagnosed.
- may be associated with other disabilities

Types of Cerebral Palsy

MOTOR TYPES

SPASTIC: 70-80%.
Most common form.
Muscles appear stiff
and tight. Arises from
Motor Cortex damage.



DYSKINETIC: 6%.
Characterised by
involuntary movements.
Arises from Basal
Ganglia damage.

MIXED TYPES:
Combination damage.

ATAXIC: 6%
Characterised by shaky movements. Affects balance and sense of
positioning in space. Arises from Cerebellum damage.

Taken from Cerebral Palsy Society NZ website: <http://www.cerebralpalsy.org.nz/>

Treatment options

Physiotherapy:

Exercises and activities are designed to increase the function of those parts of the body not affected and to maximise the function of the affected parts.

Occupational therapy:

Helps with daily living needs including dressing, holding a cup, cleaning teeth etc, as well as support for vocational and leisure activities.

Speech Language Therapy

Where speech is affected, to maximise communication skills using a range of vocal, low and high tech aids.

Where there are difficulties swallowing, to provide assessment and advice on safe food and fluid consistencies.

Music Therapy

Supports physical, communication and social development and provides support for developing musical leisure activities.

Educational Therapies include:

- Conductive Education
- Bobath
- Feldenkrais

Medication: Different medications can be useful in managing the symptoms of cerebral palsy.

Surgery may be used to improve severe muscle contractions and usually involves lengthening tendons.

Alternative Therapies such as acupressure, cranial osteopathy, acupuncture and massage may be useful in managing symptoms such as muscle spasms.

For further information contact:

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The Cerebral Palsy Society of NZ.

Phone: 0800 503 603

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