

Cerebral Palsy Physiotherapy

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Received: November 07, 2021; **Accepted:** November 21, 2021; **Published:** November 28, 2021

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Citation: Martini PM (2021) Cerebral Palsy Physiotherapy. J Physiother Res Vol.5 No.11:52

Perspective

What is cerebral palsy?

Cerebral palsy is a phrase that refers to a group of neurological disorders that impact the body's ability to move, balance, and maintain posture. It arises as a result of non-progressive problems in the infant's brain or during the prenatal development stage. It's one of the most common types of motor disabilities in kids.

Because cerebral palsy is a lifelong condition, cerebral palsy physiotherapy can benefit a person at any age. Physiotherapists can help with transitions to school or job, as well as providing assistance if daily activities like walking become more difficult later in life.

8 facts you should know about cerebral palsy

1. It affects about 2.1 out of every 1000 children over the world.
2. In India, 2.3% of children out of 1000 are affected by this condition.
3. Cerebral palsy is caused by brain damage that affects mobility, balance, and posture, and is caused by an injury or abnormal brain development throughout childhood.
4. It appears in early childhood, and the symptoms differ from one child to the next.
5. Children with this illness may experience a variety of symptoms; some may be completely paralysed, while others may experience minor tremors or breathing difficulties.
6. Although this ailment is not life-threatening and the disorder does not worsen, it is vital to understand that it is incurable and thus becomes permanent.
7. Many children with CP also have one or more other medical problems or disorders. Epilepsy affects certain children, whereas autism spectrum disease affects others.
8. A small fraction of cerebral palsy is caused by brain injury that occurs longer than 28 days after birth, which is known as acquired CP.

A number of variables can raise the risk of developing acquired cerebral palsy. They are as follows:

- A serious head injury

- A brain infection, such as meningitis

Early indicators of cerebral palsy

Between the time a newborn is born and the time he or she becomes five years old, the youngster should achieve certain mobility milestones. Rolling over, sitting up, standing, and walking are all examples of developmental milestones. If these milestones aren't reached on time, it could be an indicator of cerebral palsy.

Some of these indications may also be present in children who do not have cerebral palsy. As a result, seek medical advice to confirm the situation.

There are several other indicators of cerebral palsy that you should be aware of:

In a baby aged 3 to 6 months:

- When you pick up the baby while resting on your back, your head falls back
- Muscle spasms
- It has a floppy feel about it
- When cradled in someone's arms, they appear to overextend their back and neck
- When someone picks you up, your legs get tight and cross/scissor

If your infant is older than 6 months, you should do the following:

It does not roll in any direction

- I'm unable to join my hands
- Having trouble raising hands to lips
- Only reaches out with one hand while keeping the other fisted

In a baby that is more than ten months old:

- Crawls in an asymmetrical manner
- Crawls incorrectly, scoot around on buttocks, or bounces on knees.

The disorder's identification

If the child has cerebral palsy, he or she will have trouble rolling over, crawling, walking, or sitting. There is also a problem with reasoning or thinking, which affects only one-third of children.

When does the problem start to appear?

The syndrome is most common during pregnancy, but it can also

occur during childbirth or immediately afterward. If a child has cerebral palsy, he or she is more likely to:

- It's a child born too soon.
- A set of twins is born
- Infections can occur during pregnancy.
- A head injury that occurred within the first few years of life

However, it is thought that 2% of instances are due to a hereditary genetic factor. Cerebral palsy prevention includes both maternal immunization and attempts to avoid head injury. This can help to prevent the illness in certain cases, but there is no permanent treatment. Physiotherapy for cerebral palsy, drugs, and surgery, on the other hand, have been discovered to assist many youngsters lives a normal, healthy life and transition into adulthood with ease.