

# Efficacy of Rehabilitation Measures on the Functional Development of Children with Spastic Cerebral Palsy

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**Abstract—Background:** Spastic cerebral palsy (CP) is the most common type of CP. Up to 80% of all Individuals with cerebral palsy suffer from some degree of spasticity. Spasticity adversely affects muscles and joints of the extremities, causing abnormal movements, and it is especially harmful in growing children.

Cerebral palsy (CP) is a syndrome of motor impairment that results from a lesion occurring in the developing brain. The degree of spasticity can vary from mild muscle stiffness to severe, painful, and uncontrollable muscle spasms. Normally; muscles must have enough tone to maintain posture or movement against the force of gravity while at the same time providing flexibility and speed of movement.

Spasticity is a velocity-dependent increase in resistance of a muscle when the muscle is moved passively or stretched. Individuals with spastic CP experience stiffness in affected limbs due to focal muscular hyperactivity, resulting in limited or awkward movements.

In this research work Quasi experimental design was adopted for Pre- assessment of physical and functional status of children with cerebral palsy assessed by appropriate tools and the results discussed in detailed in different sections of the paper.

**Key words:** cerebral palsy, children, spasticity, assessment, treatment