

# **Cerebral Palsy**

## **What is Cerebral Palsy (CP)?**

Cerebral Palsy is a generic description of many neurological disorders that affect body movement, muscle tone and coordination. CP is an umbrella term used to describe a group of conditions that cause movement difficulties. Beside the physical disorders, there are associated conditions which can occur such as perceptual, cognitive, visual, auditory, behaviour and speech difficulties. These secondary conditions are often the result of the damage within the neurological system. CP is a non-progressive disorder itself, but other secondary conditions such as Epilepsy can affect a person's overall condition.

## **What causes CP?**

This disorder is often caused by an event that led to injury to the motor control centres of the developing brain due to lack of oxygen, stroke, (bleeding in certain parts of the brain). This can happen during pregnancy (prenatal), at the time of the birth (perinatal) and after the birth (post-natal).

## **Main types of CP:**

CP is classified into 4 main types:

- Spastic CP (most common, in forms of Hemiplegia, Diplegia, Quadriplegia)
- Athetoid CP
- Ataxic CP
- Mixed Symptom CP

The type of Cerebral Palsy that occurs will depend upon the exact part of the brain that is affected.

## **How can one recognize CP?**

- Muscle tone either high (hypertonia)
- Low (hypotone) or mixed (hypertonia and hypotonia)
- Gross-motor developmental delay
- "Intention tremor" (shaking movement) that occurs when voluntary movement begins
- Irregular posture
- Language delay
- Strabismus (Crossed or diverging eyes)

## **Is there any treatment?**

CP can't be 'cured', but professional care and a variety of continuous therapies can improve the control of movement significantly. Conductive Education is one of the most successful methods shown to improve motor abilities and overcome the physical difficulties so that the participant can maximize their independence.

Find out more on [Wikipedia](#).