

New guide aims to improve care for children with cerebral palsy

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A new international clinical practice guide provides 13 recommendations for interventions to improve physical function for children with cerebral palsy.

Credit: Dr. Jackman

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for interventions to improve physical function for children with cerebral palsy. The recommendations, which are published in *Developmental Medicine & Child Neurology*, were developed by an expert panel, with input from additional experts and from affected patients and their families.

The guide notes that therapies should consider patient-chosen goals, provide support to empower families, and be based on a team approach. The guide also provides specific recommendations to improve walking ability, hand use, self-care and leisure.

"This research is really exciting for children and [young people](#) with [cerebral palsy](#) across the globe as it highlights the importance of therapy focusing on what is most important to each individual," said lead author Michelle Jackman, Ph.D., of John Hunter Children's Hospital, in Australia. "No longer is it best practice to focus on changing muscles and movements alone; it's about focusing on real life activities and being able to do the things you love."

More information: Michelle Jackman et al, Interventions to improve physical function for children and young people with cerebral palsy: international clinical practice guideline, *Developmental Medicine & Child Neurology* (2021). [DOI: 10.1111/dmcn.15055](https://doi.org/10.1111/dmcn.15055)

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