

Home Based and Family Centered Treatment of Cerebral Palsy

Cerebral palsy, amongst other musculoskeletal disabilities, has a detrimental influence on patient health and wellbeing while its shortcomings entail a considerable increase in parental responsibilities. Parental and rehabilitative practices are allied in their attempt to improve the quality of life of these special needs patients; however, one may ponder, are these ambitions being addressed in the most effective method?

With regards to cerebral palsy, published results have recently demonstrated that conventional treatment platforms provide a slim hope for the long term improved function of these children. It is our firm belief that such deterrent outcomes may be explained by taking a step back and a rethinking the current rehabilitative management of these patients.

Digging deeply into the scientific literature surrounding tissue health and healing, shines some long needed light into the obscure field that is cerebral palsy rehabilitation, a field overshadowed with what are often self-proclaimed therapies. Two simple points must be addressed. First, the existent mainstream format based on professional services administered to the child a couple of times a week is not tailored to meet the magnitude of the musculoskeletal challenges and deficits experienced by cerebral palsy patients. Second, in order to effectively achieve beneficial transitions, a far greater treatment frequency is required.

How to achieve such endeavours without taking on additional temporal and financial burdens? Simple – pass the torch and empower the parent. Nobody is more motivated and home based therapies provide unmatched convenience. The professional training and overview of parents seeking to take their child's health and rehabilitation into their own hands is both feasible and attractive at many levels. Fiscally, this platform reduces governmental and parental costs. More importantly, based on our experience, home programs provide an appealing new stride towards improving the rehabilitative treatment of cerebral palsy.

Over the past 10 years, Advanced Bio-Mechanical Rehabilitation has successfully embraced the home based or family centered rehabilitation platform. It currently oversees 500 cerebral palsy patients worldwide. This practise has allowed our multidisciplinary team to sharpen our tools and greatly improve our novel home based treatment approach. Moreover, preliminary results from a two year international multicenter prospective study provide convincing results that home based treatments are effective.

We look forward to sharing our experience with family centered rehabilitation, an approach that empowers the greatest caregivers of all – the parents.