

Cerebral Palsy



Easy Read Booklet

Cerebral Palsy



1 in 400 people have cerebral palsy



Men and women can have cerebral palsy

Men are more likely to be affected



Appears when you are young (infancy or early childhood)

Everyone is affected differently



Messages from your brain
to your body get mixed up



It can affect your body
movement

It can affect how you speak



Cause may not be known

Causes of Cerebral Palsy

Before Birth



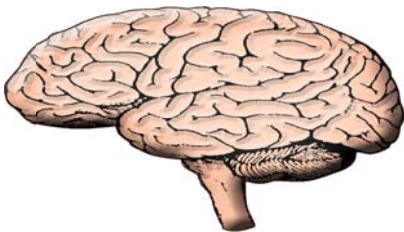
Born early (before 37 weeks)

Infection such as rubella (German Measles)

Mother and baby have different blood types



Mother having high blood pressure



Brain may not develop fully

Causes of Cerebral Palsy



During Birth

Severe Lack of Oxygen

Low birth weight



More than one baby being born at the same time



After Birth

Infection (meningitis)

Head Injury

Signs & Symptoms

Baby - 6 months of age



Head floppy (lags) when picked up from a lying position

Baby can feel stiff or floppy

Legs get stiff and cross or scissor when baby is picked up

6 months - 10 months



Doesn't roll over in either direction

Cannot bring hands together (clapping)

Difficulty bringing hand to mouth

Reaches with one hand and other hand is fisted

10 months+



Crawls with a lopsided manner

Pushes off with one hand and leg – while dragging the opposite leg

Cannot stand without support

Some people with cerebral palsy can also have



Problems with their

Eyes (vision)



Talking

Hearing



Touch (physical or perception sensation)



May also have

Epilepsy

Or a

Learning Disability



Three Types of Cerebral Palsy



Spasticity (most common)

Stiff or tight muscles and exaggerated movements



Athetoid (Dyskinetic)

Involuntary Movements

Athetoid (affects limbs)- limbs move in an uncontrolled way

Dyskinetic (affects body/trunk)



Ataxia

Lack of muscle co ordination when performing voluntary movements

Affects walking

Arm movement

Poor balance

Affects the body



Hemiplegia

Affects one side of the body
(arm and leg)



Diplegia

Mostly affects the legs, with
face and hands only slightly
affected



Quadriplegia

Severe stiffness in all arms and
legs

May have a floppy neck which
affects head control

May affect the trunk

Effects on activities of daily living



Breathing with increased risk of chest infections

Communication (talking and body movement)



Controlling your body temperature

Eating and drinking

Elimination (bowels and bladder)

Expressing sexuality

Mobilising

Maintaining a safe environment



Sleeping

Personal cleansing and dressing

Working and playing

Who Can help



Physiotherapists (Physio's):

Exercises (Mobility)

Postural Management (Sitting, Lying, standing)

Respiratory Management (Chest and breathing)

Specialist Therapies



Occupational Therapists (OT's):

Specialist equipment so you can take part in activities that you want or need to do



Speech & Language Therapists:

Communication

Swallowing Assessment

Eating and drinking

Dieticians:

Diet (Eating & Drinking)



Orthotist:

Specialist footwear

Splints