What is the Effectiveness of the Functional Approach to Physical Therapy in the Treatment of Children with Cerebral Palsy?

Craig Satterley, Physical Therapy Student
Bellarmine University DPT Program

Cerebral Palsy

Clinical Relevance

Some evidence has questioned the effectiveness of other approaches to Cerebral Palsy treatments. Functional physical therapy offers an alternative approach to treatment of Cerebral Palsy.

Treatment Approaches

- Functional Physical Therapy (GDT)
- Directed Functional Therapy (GDT)
- Directed Therapy (GDT)
- Ecological Approach to Functional Therapy
- Goal-Directed Therapy (GDT)
- Goal-Directed Functional Therapy (GDT)

Goal-Directed Functional Therapy (GDT)

- Goals are set for patients based on individual physical needs.
- Progress is measured and adjusted as necessary.
- Staff work together with families to develop a treatment plan.

Evidence

- Change in Pediatric Evaluation of Disability Inventory (PEDI) due to intervention.
- Functional Motor Form (GMF) improved during GDT.
- Evidence of effectiveness of functional approach to treatment of Cerebral Palsy.

References