Physical therapy

- Limited evidence
- Physical therapists treat impairments, not diseases
  - Ataxia
  - Weakness
  - Contractures
- Assess function
  - Developmental assessments
  - Motor and strength assessments
  - Gait and balance assessments
Early years

■ Purpose
  - Alter peak of neurological development with early rehabilitation

■ Activities
  - Developmental motor milestones
  - Whole body exercise and gross motor skills
  - Stretching and massage
  - Parent and child swimming

School-age

■ Delay progression of motor impairment
■ Fall prevention
  - Functional balance exercises
  - Fall proof home
  - Safe fall recovery
■ Contracture management
  - Stretching
  - Slant board
  - Foot orthotics or ankle-foot-orthoses (AFO)
■ Mobility
  - Orthoses
  - Mobility devices
Adolescence

- Adaptive equipment to facilitate prolonged independence
- Seating and wheeled mobility devices
- Increased assistive technology

QUESTIONS?

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References