

# Helping kids with Cerebral Palsy to help improve gross motor abilities by participating in physically active leisure in the community

Kids with moderate to severe cerebral palsy participate less often in physical activities than their peers. We've designed a new type of program to use walking and cycling, assisted by a physio, occupational therapist or exercise physiologist, to improve your child's ability to participate in physically active leisure in the community.

This new rehabilitation approach combines a package of gait training using treadmills, overground walking using assistive devices, cycling and targeted training of gross motor goals with a total of 32 hours of training provided over an eight week period.

Do you have a child with moderate to severe cerebral palsy who is 5 to 15 years old?

Do you live near one of the trial sites in QLD, NSW, VIC or WA?  
Call or email us to find out if your child can participate in this research study!

## What are the details?

- 2 x 1.5 hour per week face-to-face therapy sessions at the clinic for 8 weeks
- 4 fortnightly home visits over 1 hour alternating with 4 remote telehealth sessions over 1 hour
- Delivered by a Physiotherapist, Occupational therapist or Exercise Physiologist. at a clinic near you and at your home.
- Sessions consist of gait training using treadmills, overground walking using assistive devices, cycling and targeted training of gross motor goals with a total of 32 hours of training provided.



If you would like more information about this study please contact us:

### QLD & general enquiries:

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