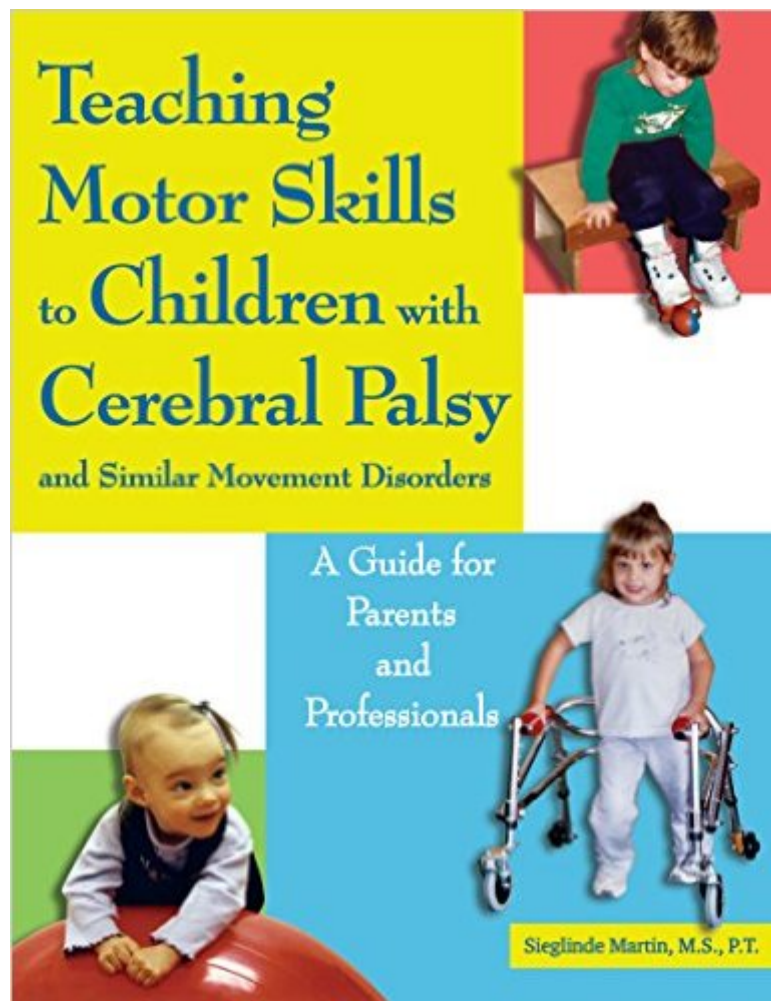


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# Teaching Motor Skills To Children With Cerebral Palsy And Similar Movement Disorders: A Guide For Parents And Professionals



## Synopsis

(2007 Independent Publisher Award Bronze Medalist, Health/Medicine/Nutrition category) All children with cerebral palsy and other conditions that result in gross motor delays need help and reinforcement to learn basic motor skills, usually with assistance from a physical therapist. Because the degree of developmental delay varies greatly from child to child, a thorough motor evaluation is an important step before establishing a specific therapy plan. This new guide, written by an experienced physical therapist, provides parents with a complete understanding of how the physical characteristics of cerebral palsy and similar conditions--muscle tightness and weakness, increased or decreased flexibility, abnormal reflexes, impaired sensory perception--affect a child's ability to sit, crawl, stand, and walk. With that foundation established, the book offers dozens of practical, easy-to-follow exercises that address specific areas of motor delay and development, including: Head control; Muscle tone; Proper positioning; Involuntary movements; Stretching and flexibility; Balance and coordination; Strength training. The exercises are illustrated with photos, and many present one or two variations, which take into account a child's preferences and skill level. Additionally, every chapter includes profiles of children in therapy, and a set of frequently asked questions on the chapter topic. With *Teaching Motor Skills*, parents will be more knowledgeable about their child's unique set of strengths and weaknesses, and better able to contribute to his motor development. As the book emphasizes, learning new skills depends upon many factors, including the reinforcement of at-home therapy and good cooperation and communication between a child's physical therapist and parents.

## Book Information

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## Customer Reviews

Teaching Motor Skills to Children With Cerebral Palsy And Similar Movement Disorders: A Guide for Parents And Professionals is the first parent tool I have seen that really breaks therapy down in a simple way that makes one feel "I can do this". As a grandparent of a child with CP, I have often been frustrated by a lack of resources that show details like this book. There are many pictures throughout that indicate how to do exercises and movements. I especially liked the guide that helps place where the child is at developmentally as related to other children with CP. Some sort of a yard stick like this has been missing in any other books I have read. I am EXCITED to try all the things in the book. There is a progression to the book that allows baby steps and an idea of what comes next in physical therapy. WOW! Thank you!

What an excellent new resource this author has provided us with! This book is very well organized and thoughtfully researched to provide the most updated information and answers to parents most burning questions as well as give ideas and advice to parents and professionals. Most books focus heavily on the difference between normal motor development (some of which children with CP will not be able to achieve) and the motor and muscle abnormalities of children with CP but are usually not as positive as this one. I especially enjoyed the optimism with which this book was written and the guidelines it gave for reaching realistic goals. It was nice to see a discussion of newer treatments such as SDR and ITB Therapies as well. Destined to become a classic work!

I work with students with severe and profound multiple disabilities (3-22 years) and I have found this book helpful when explaining things to my staff and parents. It really is written so anyone can understand and the chapter breakdown lets you go right to the skill without having to read the whole thing. My OT and PT also checked it out and loved the "Tummy Time" section. I would also recommend "Children with Disabilities" by Batshaw. This is a must in a professional (or personal) resource library.

I am a pediatric physical therapist. If I was going to write a book, this would be it. I often loan this book to families who are trying to understand the diagnosis. I also loan this book to physical therapy students who are interested in pediatrics. Highly recommend.

I am a parent with a child with CP- This book is GREAT because...1) It provides a realistic milestone chart- something I've never been able to refer to in other books on child development.2) It gives great advice no PT ever mentioned. For example, to never put socks on your child.3) It gives a point-blank explanation of what to do NOW for your child, and to what NOT to wait for. No one ever told me alot of these things Granted, it was depressing at points, but this book sort of slapped me in the face about motor skills. The book talks alot about how time is Not on your child's side, and it motivated me and other caregivers to do MORE INTENSIVE therapy with my girl.

Teaching Motor Skills To Children With Cerebral Palsy And Similar Movement Disorders: A Guide For Parents And Professionals by Sieglinde Martin (a physical therapist with more than thirty years experience working with children having cerebral palsy) is a superbly organized and expertly presented "hands-on" resource specifically designed for parents, therapists, and other caregivers working with young children exhibiting gross motor delays for the purpose of providing such youngsters with motorskills practice outside of formal therapy sessions. The outlined and illustrated exercises include the issues of head control, protective reactions, proper positioning, independent sitting (with and without arm support), transitional movements, daily stretching, improving muscle strength and coordination, balance training, and gait training. Included in the text are anecdotes and the answers to frequently asked questions. Teaching Motor Skills To Children With Cerebral Palsy And Similar Movement Disorders is confidently recommended as an instructional reference guide to anyone with a motor skills impaired child.

This book contains excellent information that can be shared with parents and caregivers. The descriptions of activities are done very well, with nice pictures and ideas for parents. I believe that this is an excellent tool for therapists to have on their shelf!

Our grandson has cerebral palsy. Our daughter tells me that, despite all of the service providers he sees, she had not known how important it is to stretch him daily. Each of his service providers had thought that one of the others had mentioned that. She says that they (therapists, etc.) all think that this is one of the best c.p. how-to books around. Thank you.

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