



# Indian Family of Cerebral Palsy

Voluntary Organization dedicated for the welfare of the people with cerebral palsy since 1993

## Introduction to Cerebral Palsy

People with cerebral palsy are also called as 'Spastics' by layman. It is a motor (physical) disability in children because of damage (insult) to the developing nervous system, especially the brain, and it does not progress because of the nature of the etiological biochemical and biochemical factors. The common factors are premature delivery, asphyxia neonatorum, delayed birth cry, severe neonatal jaundice, head injury due to forceps delivery, meningitis, encephalitis, etc

This condition can develop from the time of development of nervous system in womb first few weeks of gestation to the age of 12 years. Any non-progressive insult after this age should not be called as cerebral palsy even if it is a motor disability

Cerebral palsy is not a disease but a condition like blindness. The children and adults having this condition should not be called as cerebral palsy children but children having cerebral palsy. Similarly for blindness, one should speak person is having blindness and not to call him blind person

There are around 7 and 25 lakh people with this condition in USA and India respectively. The incidence all over the world varies from 0.6 to 6 per thousand live births. In India, roughly 150 children per day sustain insult to brain, survive and develop cerebral palsy. There are hardly any multi disciplinary centres and not enough number of professionals to cater to the need of these physically and some what mentally challenged children and adults

The extent of damage to the brain determines severity of cerebral palsy which can be mild, moderate or severe

The common types of cp are spastic ataxic, athetoid, dystonic and mixed type.

The determination of severity and type of cerebral palsy is important from the treatment, habilitation and goals point of view. The children and adults may have associated conditions too. they also play an important role in habilitation of the person. Following are such conditions - seizures, squint, refractive error, mental sub normality, learning disability, behavioral disturbances, drooling, speech abnormality, etc

These people may develop other problems as they grow some of them are as follows

Organic shortening of muscles (contracture), subluxation or dislocation of joints especially the hip joint, demineralization of bones and fracture of bones, pains in musculoskeletal system. Most of these problems occur at the time of spurt of growth i.e. adolescent and teen age. At this time, psychological disturbance have also been noticed both in boys and girls. However, girls suffer with another burden of menses also. This is the time when whole family may sustain psychological trauma. Because of all these problems, there is difficult handling and socialization

These people have insecure future, especially in developing countries like India, due to financial constraints and meagre habilitation facilities. Every one has to join hands like a responsible person and improve the condition of these children

To achieve Walking

Start from first milestones - neck holding  
and then develop

Subsequent milestones

sitting, crawling, kneeling and so on.

Before achieving walking

Develop Squat to stand

And stand to squat

And then standing.

Now, the child is ready, to learn to walk.

Not to jump to higher milestones like walking  
from nil or very early milestones

The phenomenon is like a running train

That can not reach to its destination without passing through cities which come in its way to destination.

It is like passing the examinations

One can not directly pass say 12th standard

Without passing 11th

And 11th class without passing 10th standard

And has to first pass first standard and then subsequent classes.

We all the so called physically normal

Also achieved early milestones first and later, on one after another developed other milestones and lastly the walking. follow the nature's law and achieve the best, possible milestone for a particular child.

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