

# SAHK

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Cerebral Palsy is a neurological disorder that influences the motor control of a person. It causes a variety of dysfunctions and affects one's independence to different extents. Neurodevelopmental treatment is the mainstream approach for the management of the cerebral palsy. As the advancement of technology, many old established theories and beliefs are facing the challenges of the new findings. Traditionally, many treatment strategies attempt to elicit "normal" reflexes while suppressing positive symptoms such as "pathological" reflexes (Gordon, 1987). Recent studies revealed that most simple movements occur too fast for the reflexes to have time to influence on them. Relatively normal patterns of movement are possible even after all the sensation from the moving limbs has been removed (Polit and Bizzi, 1979). In a study on spastic cerebral palsy, Nielson and McCaughey (1982) demonstrated that functional improvement was obtained from an improved ability to suppress involuntary movements, rather than from the elimination of spasticity. It launched a question mark on the significance of putting great effort on inhibiting the positive symptoms. Belenkii et al (1967) showed that the effect of a specific training do not have a carry-over effect which is always assumed in the cerebral palsy. The current view is that most skilled movements are dependent on preplanned patterns of neural output to the muscles. This preplanned patterns are referred as "motor programs" (Keele, 1968). On the other hand, practice is not merely a repetition of particular set of movements. Practice should involve a testing of various strategies in such a way that the person gradually selects and then optimises the proper control strategy (Gordon, 1987). The interactions of our needs and desires with the environment, together with an effective way for providing feedback either in performance or result are critical factors for learning a functional movement. These new findings or beliefs have imposed a great bombardment to us and showed a new direction to our training programs. This article would like to share with others on our experience of working with cerebral palsy.



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