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Cerebral palsy is characterised by movement incoordination which affects functional performance. To facilitate motor learning in a cerebral palsied person, complex human movements should be simplified. Basic motor patterns (BMP) as developed within the Conductive Learning Model provide a set of movement patterns which are simple enough for a cerebral palsied person to acquire and can be utilised to perform simple self-care activities. The existing functional assessment procedures for the disabled are mostly based on their level of independence in performing specified tasks with little concern for their quality of movement in performing the tasks. These approaches fail to distinguish whether a client is truly independent or is independent by compensation. Uncontrolled compensation by the less involved part may eventually lead to its overuse. An assessment prototype which aims at assessing both functional independence and movement quality was proposed. The assessment consists of a constrained assessment, movement details in terms of BMP were specified while in the unconstrained assessment, only the functional goals were involved. By comparing the results of the two assessments, a strategy for the self-care training of the cerebral adults is derived.



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