Cerebral Palsy

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Symptoms

- Muscles that feel very stiff and tight or, conversely, very floppy.
- Tremors or jerky, clumsy movements that are difficult to control.
- Challenges with balance, coordination, and fine motor skills.

Age & Gender

- It’s a lifelong condition caused by brain damage before, during, or shortly after birth.
- It's slightly more common in males.

Misconceptions

- It’s not a progressive disease, and it doesn't get worse over time.
- It’s not a sign of low intelligence. Many people have average or high IQs.
- It doesn't always require a wheelchair.

Diagnosis

- Doctors observe a child's developmental milestones and motor skills.
- MRI or CT scans identify the specific area of brain injury.

Treatment

- Physiotherapy helps to improve strength, gait, and flexibility.
- Speech therapy assists with communication and any swallowing difficulties.

Support

- Ensure the environment is physically accessible.
- Allow extra time for tasks that require fine motor skills or typing.
- Focus on their skills and contributions rather than their physical movements.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.

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