**What is Cerebral Palsy?**

Cerebral palsy is a physical disability that affects movement and posture. It is the most common physical disability in childhood.

**Motor Types**

- **Spastic:** 80-90%. Most common form. Muscles appear stiff and tight. Arises from Motor Cortex damage.
- **Dyskinetic:** 6%. Characterised by involuntary movements such as dystonia, athetosis and/or chorea. Arises from damage to the Basal Ganglia.
- **Ataxic:** 5%.

**Associated Impairments**

- 1 in 3 is unable to walk
- 1 in 4 is unable to talk
- 3 in 4 experience pain
- 1 in 4 has epilepsy
- 1 in 4 has a behaviour disorder
- 1 in 2 has an intellectual impairment
- 1 in 10 has a severe vision impairment
- 1 in 4 has bladder control problems
- 1 in 5 has sleep disorder
- 1 in 5 has saliva control problems

**Parts of the Body**

Cerebral palsy can affect different parts of the body e.g.

- **Spastic Quadriplegia/Bilateral**
  - 1 limb affected
  - 2 limbs affected
  - 3 limbs affected
  - 4 limbs affected
- **Spastic Diplegia/Bilateral**
  - 1 limb affected
  - 2 limbs affected
  - 3 limbs affected
  - 4 limbs affected
- **Spastic Hemiplegia/Unilateral**
  - 1 limb affected
  - 2 limbs affected
  - 3 limbs affected
  - 4 limbs affected

**Manual Ability**

At least two thirds of children with cerebral palsy will have movement difficulties affecting one or both arms. Almost every daily activity can be impacted.

**Gross Motor Skills**

The gross motor skills (e.g. sitting and walking) of children and young people with cerebral palsy can be categorised into 5 different levels using a tool called the Gross Motor Function Classification System (GMFCS) developed by CanChild in Canada.