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Comprehensive Paediatric Assessment and Rehabilitation of Spastic Cerebral Palsy with Global Developmental Delay Using the ICF Framework: A Case Study

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ABSTRACT

This case report addresses the physiotherapeutic management of a 3-year old boy with spastic cerebral palsy along with global developmental delay, a neurological deficit. The patient presented with a two-year history of developmental delay and progressive musculoskeletal and neurological decline, including muscle spasticity, speech disorders and coordination issues. Cerebral palsy primarily impacts development and growth, which significantly affects the patient's functional independence.

A comprehensive rehabilitation programme was designed to improve the patient's coordination, mobility and overall functional abilities. The primary goal was to improve the condition by addressing key issues such as strength, gait and coordination.

A tailored rehabilitation program was developed, incorporating the ICF framework, which involved weight-bearing and mat activities, stretching, strengthening, gripping exercises, and hippotherapy. He was also referred for speech and occupational therapy. These interventions were designed to target the patient's specific deficits related to cerebral palsy. Regular assessment ensured adjustments to the therapy, optimising the treatment procedure.

Following the rehabilitation programme, the patient demonstrated significant improvement in coordination and mobility. There was a noticeable reduction in cerebral palsy symptoms, including improved coordination and reduced spasticity.

The application of the ICF framework combined with exercises may offer a promising approach for managing cerebral palsy symptoms. Further research is required to validate these findings and optimise treatment protocols.

Keywords: International Classification of Functioning, Disability and Health (ICF), Neurorehabilitation, Spasticity

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