

Abstract GF Strong Research Day 2013
Nicola Hahn

Title: Strength Training for Improving Gait in Children with Cerebral Palsy: An Evidence Based Clinical Review

Objectives: The objective of this review was to update a previous systematic review that concluded insufficient evidence exists to recommend specific strength training protocols for the improvement of objective gait parameters in children with cerebral palsy.

Data sources: This review involved a structured search using OVID SP database.

Study selection: Intervention studies evaluating gait of children with cerebral palsy using objective analysis (three dimensional gait lab) published since March 2007 were included.

Data extraction: Appraisal was performed using National Institute for Health and Care Excellence (NICE) checklist.

Data synthesis: Despite recommendations in a previous systematic review calling for higher quality research, controlled studies of adequate internal and external validity are still lacking to identify the effect of strength training on objective gait parameters.

Conclusion: Existing evidence suggests that there are no adverse events associated with strength training interventions, but it is unclear how results of interventions compare to usual care or natural history of gait development in this population.