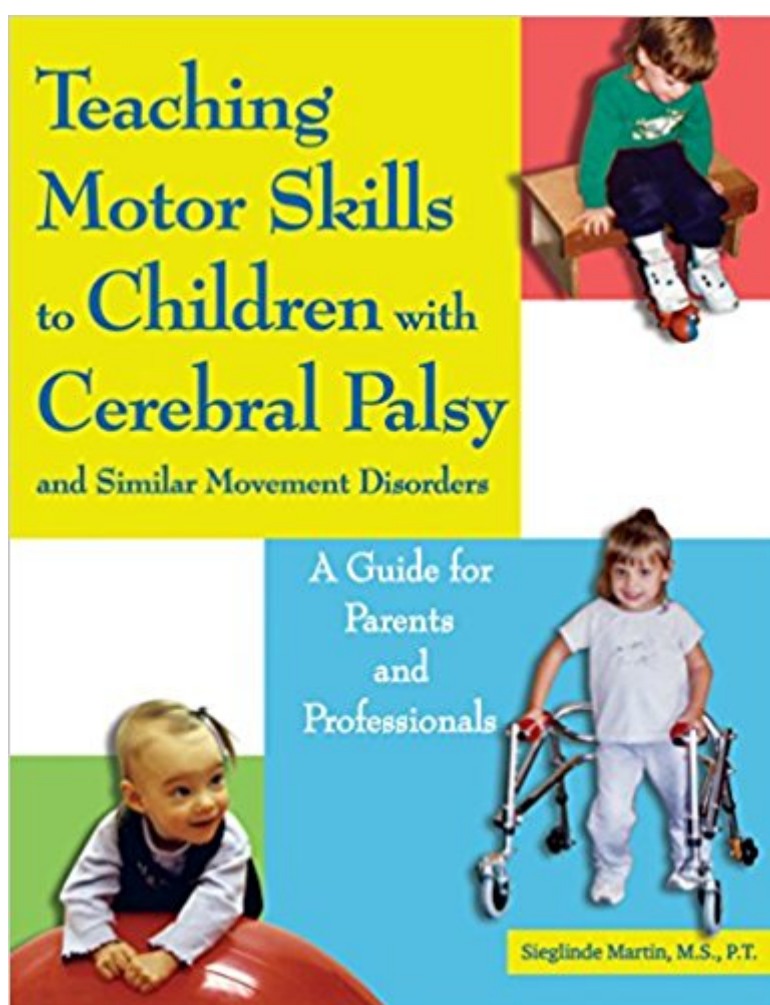


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# Teaching Motor Skills To Children With Cerebral Palsy And Similar Movement Disorders: A Guide For Parents And Professionals



## Synopsis

(2007 Independent Publisher Award Bronze Medalist, Health/Medicine/Nutrition category) All children with cerebral palsy and other conditions that result in gross motor delays need help and reinforcement to learn basic motor skills, usually with assistance from a physical therapist. Because the degree of developmental delay varies greatly from child to child, a thorough motor evaluation is an important step before establishing a specific therapy plan. This new guide, written by an experienced physical therapist, provides parents with a complete understanding of how the physical characteristics of cerebral palsy and similar conditions--muscle tightness and weakness, increased or decreased flexibility, abnormal reflexes, impaired sensory perception--affect a child's ability to sit, crawl, stand, and walk. With that foundation established, the book offers dozens of practical, easy-to-follow exercises that address specific areas of motor delay and development, including: Head control; Muscle tone; Proper positioning; Involuntary movements; Stretching and flexibility; Balance and coordination; Strength training. The exercises are illustrated with photos, and many present one or two variations, which take into account a child's preferences and skill level. Additionally, every chapter includes profiles of children in therapy, and a set of frequently asked questions on the chapter topic. With *Teaching Motor Skills*, parents will be more knowledgeable about their child's unique set of strengths and weaknesses, and better able to contribute to his motor development. As the book emphasizes, learning new skills depends upon many factors, including the reinforcement of at-home therapy and good cooperation and communication between a child's physical therapist and parents.

## Book Information

Paperback: 237 pages

Publisher: Woodbine House; 1 edition (July 19, 2006)

Language: English

ISBN-10: 1890627720

ISBN-13: 978-1890627720

Product Dimensions: 8.5 x 0.6 x 11 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 41 customer reviews

Best Sellers Rank: #201,199 in Books (See Top 100 in Books) #54 in *Books > Education & Teaching > Schools & Teaching > Special Education > Physically Disabled* #183 in *Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System* #371 in *Books >*

## Customer Reviews

"These chapters contain numerous helpful photographs that illustrate the exercises, with suggestions of how to incorporate the use of toys to interest the children." --CAPHIS Consumer Connections  
"This text is practical, comprehensive, authoritative, and reasonably priced."  
--ADVANCE for Physical Therapists & PT Assistants, October 9, 2006  
The book is lavishly illustrated with black and white photographs throughout and the language is clear and simple for the non-specialist to understand. With a wealth of ways to promote good movement learning and many play ideas, the book is a must for parents and professionals alike and will be invaluable for any service wanting to include a child with cerebral palsy. I highly recommend this book for any new parent of a child with developmental disabilities. It provides parents with a clear description of what they can expect for their child's motor development in the years ahead. --Physical Therapy, Volume 87, Number 7, July 2007

Sieglinde Martin, M.S., P.T., is a physical therapist with more than thirty years of clinical experience working with children with cerebral palsy and their families. Ms. Martin earned her degree in physical therapy from the University of Cologne, Germany, and her Master's of Science degree at Ohio State University in Columbus, Ohio. Currently she works part-time at Children's Close To Home Health Care Center in Dublin, Ohio. She is also the author of Pediatric Balance Program (Therapy Skill Builders, 1998).

This is by far one of the best books we own! It has been extremely helpful in understanding how we can help our daughter and why we need to do certain activities. Love this book and highly recommend it! It has great step-by-step (with pictures) daily stretching routines for the entire body and shows different ways of doing them so as children get older they can do it themselves. Love it!

This is a book that is useful to both the occupational/physical therapist and the parents of a child with cerebral palsy. The exercises are easy to understand and nicely illustrated. It is informative and covers many aspects in layman terms. Most importantly, it looks at the child as a developing individual with an array of needs, not just the physical challenges they are presented with. As a therapist, I appreciated the rationale behind the stretching program. A great resource for all involved in the care of a child with cerebral palsy.

I am a pediatric physical therapist. If I was going to write a book, this would be it. I often loan this book to families who are trying to understand the diagnosis. I also loan this book to physical therapy students who are interested in pediatrics. Highly recommend.

I am a pediatric OT and have am treating an infant with cerebral palsy. This book helps break down some techniques to educate the baby's parents for their home program. It has also helped me learn handling techniques for my therapy sessions, as I am still a new therapist. Haven't read the entire book yet, but I read sections as it relates to my patient and her development.

I am a parent with a child with CP- This book is GREAT because...1) It provides a realistic milestone chart- something I've never been able to refer to in other books on child development.2) It gives great advice no PT ever mentioned. For example, to never put socks on your child.3) It gives a point-blank explanation of what to do NOW for your child, and to what NOT to wait for. No one ever told me alot of these thingsGranted, it was depressing at points, but this book sort of slapped me in the face about motor skills. The book talks alot about how time is Not on your child's side, and it motivated me and other caregivers to do MORE INTENSIVE therapy with my girl.

Very informative, with a lot of great information. Plenty of pictures and detailed explanations for those with no experience, or who are working from home.

I good book, easy to read and understand. has many practical chapters.

My first grand baby has many developmental issues. We got this book to help his young parents help him more effectively. The therapist is glad they have it and he writes his recommendations and dates them in it so they have a complete reference to look at to assure they do the exercises correctly. The therapist wished he could provide this book to every client. It came very quickly as well.

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