

Helping kids with Cerebral Palsy to help improve gross motor abilities and participation in adapted cycling in the community

Kids with cerebral palsy can have trouble with their gross motor skills and how they move around. They participate less often in physical activities than their peers. We've designed a new type of program called ACTIVE STRIDES-CP, delivered by physiotherapists or exercise physiologists that help kids improve their gross motor skills, mobility and increase participation in physically active leisure through adapted cycling in their home and community.

Do you have a child with bilateral cerebral palsy (GMFCS III or IV) who is 5 to 15 years old?

Do you live near Cerebral Palsy Alliance, Prairiewood, Sydney?
Call or email us to find out if your child can participate in this research study!

What are the details?

- 2 x 1.5 hour per week face-to-face therapy sessions at the clinic for 8 weeks
- A minimum of 2 to maximum of 4 fortnightly home visits over 1 hour alternating with remote telehealth sessions over 1 hour (total of 8 sessions of home visits and telehealth)
- Delivered by a Physiotherapist or Exercise Physiologist. at a clinic near you and at your home.
- Sessions consist of gait training using treadmills with partial body weight support if required, overground walking using assistive devices, functional electrical stimulation (FES) cycling and targeted training of gross motor goals with a total of 32 hours of training provided.



If you would like more information about this study please contact us:

Recruitment:
Natalie Dos Santos
activestrides@uq.edu.au

General enquiries:
Dr Leanne Sakzewski
University of Queensland
l.sakzewski1@uq.edu.au
T: 07 3069 7345

NSW:
Sarah Reedman
Sarah.reedman@cerebralpalsy.org.au
T: 02 8052 2074