Plantar Flexor Training Improves Walking in People with Cerebral Palsy

Misako ISHIHARA, PT, SNPT, Yumi HIGUCHI, PT, PhD
Graduate School of Comprehensive Rehabilitation Osaka Prefecture University

Misako ISHIHARA, PT, SNPT, Chihiro DEHARA, PT
Department of Rehabilitation, Iseikai Gakkentoshi Hospital

Purpose: We examined our hypothesis that a 7-week program of plantar flexor training improves gait function, by using spatiotemporal and Center of pressure (COP) parameters.

Subject: Three subjects with cerebral palsy (13.7 ± 5.4 years old), who are possible to serial walk 10 m or more, and understand oral instructions, were included in the study.

Methods: We employed a single-subject ABA design consisting of a 7-week baseline phase, a 7-week intervention phase, and a 7-week post intervention phase. The subjects were given training 3 times a week during the intervention phase.

Result: Two cases showed a significant improvement in the walking ability and the walking efficiency, one case showed a significant improvement in the walking efficiency. These results support our hypothesis.

Conclusion: It is not easy to improve gait function by increasing the amount of the activity of the muscle for people with cerebral palsy who have not haven a normal movement pattern since their birth. However, the approach of the amount which has been a contraindication, is one of the important approaches for it to improve and maintain gait function.