The Effect of Physical Therapy Intervention on Cerebral Palsy Patients with Windswept Deformity and Hip Dislocation

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**Objective:** Windswept Deformity (hereinafter WD) develops with the growth of patients and in many cases involves hip dislocation. This study aims to reveal influences of hip dislocation on the effect of physical exercise.

**Subjects and Method:** The subjects were 17 patients with WD (7 men and 10 women, and class V of GMFCS, whose average age was 24.75 years). The patients performed lateral position exercise for half an hour and ROM exercise on the hip joint for five minutes in each direction once a week for half a year, before going through a three-month observation period. Before and after intervention, and after the observation period, Goldsmith Index (hereinafter GI) and ROM of the hip joint were measured to compare the effects of physical intervention.

**Results:**
1. GI measurements
   - GI measurements significantly decreased in both the hip joint dislocation and control groups after intervention. However, after the observation period, no significant changes were seen in the hip dislocation group.
2. ROM measurements
   - ROM measurements significantly increased in windward extension and abduction in the hip dislocation group, and in windward abduction in the control group. After the observation period, no significant changes were seen in either group.

**Conclusion:** Physical intervention can improve WD regardless of hip dislocation, and continuation of exercise is more important for patients with hip dislocation. The result also implies the importance of physical intervention as a preventive measure against hip dislocation.