



Academic Research supporting the MOVE Principles

Academic Research	Connections to MOVE
<p>Functional intervention¹ Studies measuring motor function outcomes show that therapy may maximise motor abilities, but these are not maintained in the long term if they are not used in daily activity²</p> <p>Goal oriented intervention The work of Bower and McLellan^{2,3} has shown that goal oriented intervention incorporated into daily activity without requiring extra time from the carer is most likely to be maintained.</p> <p>Weight bearing Weight bearing activity 3 times a week for 20 minutes over 8 months improved bone mineral density in children with spastic Cerebral Palsy⁴</p> <p>Maintenance of skills Bottos et al (2001)⁵ showed that the initial achievement of independent walking does not imply that this will persist to maturity.</p> <p>Increased alertness Low (2004) notes improved sleep patterns and consequently improved alertness in school time when children are physically active for many parts of the school day⁶.</p>	<p style="text-align: center;"><i>By focusing on sitting, standing, walking and transferring, the trans-disciplinary MOVE team creates repeated opportunities for the meaningful practice of functional skills as a part of daily life.</i></p> <p style="text-align: center;"><i>Hence opportunities for weight bearing, muscle and bone strengthening, fitness and overall participation are maximised and maintained.</i></p>

¹ Law M, Darrah J, Pollock N, King G, Rosenbaum P, Russell D, Palisano R, Harris S, Armstrong R, Watt J (1998) "Family-Centred Functional Therapy for Children with Cerebral Palsy." *Physical and Occupational Therapy in Pediatrics*. 18. 83-102.

² Bower E, Mitchell D, Burnett M, Campbell MJ, McLellan DL (2001) "Randomised controlled trial of physiotherapy in 56 children with cerebral palsy followed for 18 months". *Developmental Medicine and Child Neurology*. 43, 4-15.

³ Bower E, McLellan DL (1992) "effect of increased exposure to physiotherapy on skill acquisition of children with Cerebral Palsy". *Developmental Medicine and Child Neurology*. 34, 25-39

⁴ Chad KE, Bailey D, MacKay H, Zello G, Snyder R (1999) "The effect of weight bearing physical activity on bone mineral content and estimated volumetric density in children with spastic cerebral palsy". *Journal of Paediatrics*. 135, 115-117

⁵ Bottos M, Feliciangeli A, Scutio L, Gericke C, Vianello A (2001) "Functional status of adults with Cerebral Palsy and implications for treatment of children". *Developmental Medicine and Child Neurology*, 43, 516-528.

⁶ Low, S (2004) "Effects of Mobility Opportunities Via Education (MOVE) Curriculum on range of motion, motor skills, and functional mobility of children with severe multiple disabilities: a pilot programme" *Developmental Medicine and Child Neurology AACPD abstract Vol. 46*