

Bri the Dancing OT

KEY TAKEAWAY POINTS

Balance and Postural Control



CEREBRAL PALSY (CP) AND BALANCE

Why can individuals with CP have balance impairments?

Individuals with CP can present with abnormal muscle activity and motor control, which can lead to impaired static and dynamic standing balance

BALLET

Key principles

Ballet is an artistic dance form that uses precise and highly formalized steps and gestures. It can be completed at the barre or across the floor, and can even be modified for those who are seated in a wheelchair.

THERAPEUTIC BALLET

Use of ballet for postural control

Ballet is currently the most researched dance style used to improve postural control in individuals with CP due to the fact that it is structured, progressive, and incorporates movements that strengthen balance and posture.

MOTIVATE TO PARTICIPATE

Find engaging dance styles

Just because ballet is the most researched dance style, doesn't mean it's the only option! Look into dance styles that appeal to the interests of the individuals you are working with in order to maintain engagement and willingness to participate



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For references, visit the description section of the Postural Control and Balance video on Bri the Dancing OT YouTube channel

