



KEY TAKEAWAY POINTS

Gait and Functional Mobility

RESEARCH ON DANCE, CEREBRAL PALSY (CP) AND GAIT

Functional level and CP

In studies that used dance as an intervention for gait, participants varied widely in their functional level. This leads one to question if dance is more effective for a specific functional level, or if there are specific adaptations that can increase the effectiveness when working with a particular group

ASSISTIVE DEVICE (AD)

Dance and AD

Create dance routines that allow incorporation of ambulatory devices and other assistive devices for those individuals who utilize them

GAIT SEQUENCE

Difficulties

The most difficulties during the gait sequence occur during the single limb stance phase; dance allows individuals to practice weight shifting and selective control of the lower extremities in order to improve coordination, stride length, and walking speed!

MODIFICATION

Utilize clinical judgement

The occupational therapist should use their clinical judgement with each individual to see where dance can meet their specific needs and make adjustments when needed.

