

Bri the Dancing OT

# KEY TAKEAWAY POINTS

Range of Motion



## CEREBRAL PALSY (CP) AND RANGE OF MOTION (ROM)

### Causes of impaired ROM in CP

Individuals with CP often experience fluctuations in muscle tone, which can lead to muscle spasms, contractures, and abnormal postures. This can lead to pain and discomfort along with decrease in ROM.

## TECNICA APLICADA LAVINIA TEXIERA (TALT)

### TALT

This dance protocol demonstrated effectiveness in improving lower extremity ROM in individuals with CP. The protocol requires repetition of movements that involve the individual receiving proprioceptive input, repeated exercises of motor coordination, and moving the lower extremity through a tolerable ROM.

## LIMITATIONS OF TALT

### Alter or Maintain?

Although these results of this study showed improvements in participants' lower extremity range of motion, it did not specifically whether the intervention altered or maintained skeletal muscle structures in this population

## SAFETY

### Each individual is unique

It is important to keep in mind that each individual is unique, and therefore each individual will have their own limits when it comes to range of motion



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For references, visit the description section of the Range of Motion video on Bri the Dancing OT YouTube channel

