

**United Cerebral Palsy** is a national nonprofit organization which educates, advocates and provides support services to ensure a life without limits for people with a range of disabilities.



My Child without Limits™— a program of UCP, provides a wealth of information and resources for families and caregivers of individuals with cerebral palsy and a range of other disabilities.

Visit [www.mychildwithoutlimits.com](http://www.mychildwithoutlimits.com) to find out more, request a Parent Pack and connect with a community of support.



My Life without Limits™— a program of UCP, A resource for adults with disabilities and their families tackling issues such as access to college, employment, transitions, relationships, and other topics.

Visit [www.mylifewithoutlimits.com](http://www.mylifewithoutlimits.com) to find out more.

**Individuals with cerebral palsy CAN go to school, have jobs, get married, have children and live independently. All it takes is opportunity and inclusion.**

Support UCP through a gift at [www.ucp.org/donate](http://www.ucp.org/donate)



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# WHAT IS CEREBRAL PALSY?

**YOUR QUESTIONS ANSWERED**

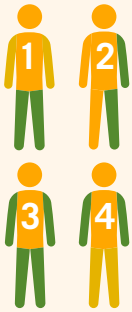
**A PUBLICATION OF UNITED CEREBRAL PALSY**



Cerebral Palsy (CP) is the most common motor disorder and the second most common disability found in children. Children (and adults) with CP have difficulty with movement and posture due to damage or abnormalities in the brain.

17 million people worldwide have CP 3.3 children per 1,000 births

## WHAT ARE THE TYPES OF CP?



**SPASTIC (most common, 70-80%):** Tight muscles, awkward movements

- Diplegia:** Both legs affected (and possibly arms to a lesser extent)
- Hemiplegia:** One side (arm and leg) affected
- Quadriplegia:** Both legs and both arms paralyzed or weakened equally
- Double Hemiplegia:** Both arms affected more than the legs (uncommon)

\*affected limb shown in green

**DYSKINETIC (6%):** Involuntary movements

**ATAXIC (6%):** Challenges with balance/depth perception, shaky movements

**MIXED CP:** A mix of other CP types

Other impairments can include drooling, chewing/swallowing difficulties, bladder dysfunction, gastrointestinal issues, constipation, respiratory issues, sleeping, and pain.

## CAN CP BE CURED?

Currently there is no cure for CP, but there are a number of treatment options:

**THERAPY**  
(physical, occupational, speech and language)

**ORTHOTICS**  
(on legs, arms, hands or trunk to help with walking, sitting or standing)

**SURGERY**

- For ambulatory children:** improves walking (Corrects bone twists, scissoring, crouched gait; tendon lengthening)
- For non-ambulatory children:** prevents contractures, scoliosis, progressive hip subluxation (Bony realignments/fusions, scoliosis surgery, tendon lengthening)

## WHO CAN BE PART OF A CHILD'S TREATMENT TEAM?



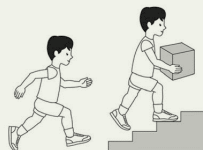
Neurologists  
Developmental pediatricians  
Genetic specialists  
Ophthalmologists (vision)

Audiologists (hearing)  
Physiatrists (rehabilitation)  
Orthopedists  
Therapists

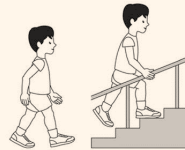
## GROSS MOTOR FUNCTION CLASSIFICATION SYSTEM

The Gross Motor Function Classification System (GMFCS) (developed by CanChild in Canada) classifies CP in terms of a child's gross motor function and mobility at different ages.

**LEVEL 1**  
Walks Without Limitations



**LEVEL 2**  
Walks With Limitations



**LEVEL 3**  
Walks Using a Hand-Held Assistive Mobility Device



**LEVEL 4**  
Self-Mobility with Limitations; May Use Powered Mobility Device



**LEVEL 5**  
Transported in a Manual Wheelchair

