Title: “2 Bfit “ or Not 2 B: an afterschool program for children with cerebral palsy using therapeutic dosing parameters for the musculoskeletal system

Presenter: George Gorton, MS, CRRP is the Director of the Clinical Outcomes Assessment Laboratory at the Shriners Hospital for Children, and has been involved in the assessment of treatment of effectiveness for the children with cerebral palsy for more than 25 years. He has numerous publications concerned with outcome assessment using gait analysis, patient reported measures, and observational measures. He collaborated with researchers, clinicians, and consumers in the design and implementation of the Bfit program.

Time Frame: 3 hours

Target Audience: Intermediate

Description: Power training of muscles for children with cerebral palsy (CP) can result in changes in muscle architecture and function. We review the evidence about providing the optimal dose- the type, intensity, frequency, and volume of training for children with CP. We review evidence to support the safety of power training and plyometric exercise with children with CP, and provide handouts with suggested modifications and instructions for plyometric exercises. Then, we describe the Bfit program, a 2x a week afterschool exercise program at Shriners that applies these principles. Exercise stations will be described. Benefits and challenges of program will be discussed.

Objectives:

1. Participants will be able to apply evidence about dosing structure and function of the musculoskeletal system to designing an intervention.

2. Participants will be able to analyze the challenges of designing an intense exercise program for children with varying levels of severity

3. Participants will be able to synthesize the experiences of the presenter and provide alternative solutions and applications

4. Participants will understand the positive benefits of this exercise program on children and families


