

Strength training in children with spastic diplegia cerebral palsy

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Weakness and spasticity are the major two impairments in children with cerebral palsy. Strength training is one of the major trends of treatment for the children with cerebral palsy. There are hundreds of articles published on strength training with its benefits. The purpose of this talk is to summarize the strength training programs and make the research methods suitable for the clinical application of spastic diplegia treatment. Many times the therapist is confused about following questions like which child is best suitable for strength training, how many weeks I should train them, how many days per week or how many hours per day is ideal, what kind of strength training I should implement, is there any adverse effects and how to carry out with the program. By careful appraisal of research articles from various databases and journals we want to clarify the ambiguity of the therapist and provide new thought process for innovative research in this field.

Biography

Jaya Shanker Tedla has completed his MPT in Neurology and Ph.D. in Pediatric Physical Therapy at the age of 31 years from Manipal University. He is certified in Neuro Developmental Treatment adult from IBITA, pediatrics from NDTA, USA and Sensory Integration Therapy from University of Southern California, USA. He has published more than 16 papers in reputed journals and serving as an editorial board member for Journal of Physical Therapy and International Journal for Rehabilitation Sciences and Research. He conducted many workshops and CMEs, guest lecturer for various universities and is associated with various international therapist trainings in Dubai and Iraq. Along with physiotherapy he has expertise in yoga, acupuncture and hydrotherapy. He is currently working as Assistant Professor in Department of Medical Rehabilitation Sciences, King Khalid University, Abha, Kingdom of Saudi Arabia

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