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Strength training in children with spastic diplegia cerebral palsy the past, present and future

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Weakness and spasticity are the major two impairments in children with cerebral palsy and strength training is one of the most major trends of treatment in the last few decades 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 to train them, how many days per week or how many hours per day is ideal, what kind of strength training should be 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 what happened before, what is happening now and what should be the new thought process for innovative future research in this field.

Biography

Jaya Shanker Tedla has completed his MPT in Neurology and PhD in Pediatric Physical Therapy at the age of 31 years from Manipal University, India. 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 more than 18 research publications in reputed journals and serving as an editorial board member for Journal of Physical Therapy and International Journal for Rehabilitation Sciences and Research. He has conducted many workshops and CMEs, guest lecturer for various universities and is associated with various international therapist training in Dubai and Iraq. Along with physiotherapy, he has expertise in yoga, acupuncture and hydrotherapy. Currently, he is working as a Program Coordinator and Assistant Professor in Department of Medical Rehabilitation Sciences, King Khalid University, Abha, Kingdom of Saudi Arabia.

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