

Clinical use of toy in physiotherapy of children with cerebral palsy

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The cerebral palsy, a non progressive disease, undertakes movements and posture. The current physiotherapy is based on a holistic treatment, considering that playing provides well-being and neuropsychomotor development. This study aims to investigate the opinion of physiotherapists who act in neuropediatrics about the use of toys in their clinical practice and checks its use in inventions with children with cerebral palsy. Initially, a questionnaire of opinion is applied with fifty physiotherapists of various clinical branches of Child with Disability Support Association (AACD): cerebral palsy; myelomeningocele; neuromuscular disorders and acquired brain injuries, about their use of toys in relation to specific physiotherapeutic goals; thereafter, sixty interventions are observed, in aquatic and on land in cerebral palsy physiotherapy, checking the use of each type of toy used in each therapeutic goal. Data obtained in the questionnaire presents; in descending order, the use of sensory-motor toys: 57,7%, to gain balance (B); 22,2% for motor coordination (MC); 18,5% for postural acquisition (PA) and 2% for muscle relaxation (MR). The use of make-believe games: 37% (B); 39% (PA); and 24% (MC); the use of games of rules: 54% (B); 35% (MC); 11% (PA). With assembly games: 25% (MC); 24% (B); 24% (PA). The observation data revealed that the main therapeutic goals with the use of toys were towards: stretching; muscle strengthening; balance and walk training. Regarding the observed modality of toy, there were a predominance of make-believe material at the beginning and at the end of the section and the other categories in the middle. The observation data coincided with the questionnaire revealing the systematic use of toys with physiotherapeutic goals.

Keywords: Cerebral Palsy, Physiotherapy, Playing, Toys.