BSCOS 2022

Abstract: CP Upper Limb, treatment and assessment

Cerebral palsy is caused by an injury to the developing brain, during gestation or before the age of two. If there is a large injury to one side of the brain, the contralateral plegic hand will have a poor function, as it will be controlled by the ipsilateral brain, together with the better hand. Besides poor motor control, the brain injury will result in spasticity peaking at the age of 4, and contractures that progress up to adulthood. Training, sometimes combined with botulinum toxin injections or tendon lengthenings and transfers may improve hand function. Release of elbow flexors improve reach, and tendon transfers or proximal row carpectomy with wrist arthrodesis improves grip and hygiene. For planning and follow up of surgery valid and reliable assessments chosen to fit the individualized goal of the surgery are needed. The long term voluntary daily use may be only marginally increased after surgery, but grip function and appreciation of the appearance of the hand is often improved.