

## Telephysiotherapy as a Mode of Enhancing Motor Skills of Cerebral Palsy Children in School Settings: A Review

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### Abstract

**Aim:** The aim of this review article was to the discuss about role of telephysiotherapy for cerebral palsy children in school settings by searching all relevant data. **Method:** A total of 46 journal articles were selected first. With the different combinations of Key terms, articles were screened on relevance based on the inclusion and exclusion criteria which resulted in 11 articles for this review. **Results:** Various researchers reported the effect of telephysiotherapy on gross and fine motor skills along with ADLs in cerebral palsy children in school settings. **Conclusion:** Review of articles revealed that telephysiotherapy for Cerebral Palsy children is effective mode of treatment in enhancing motor skills along in educational settings.

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### Introduction

The Telerehabilitation is an emerging field and its scope is very vast in medical and other related fields, since it faces challenges related to both medical and community care settings. In the last few years, research has demonstrated the potential for improving telerehabilitation processes based not only on mobile technologies and the internet in general, but also on virtual reality. The aim of telerehabilitation is to provide rehabilitation services at a distance to help people to regain their psycho-physical functions through the use of new technologies. Medical telerehabilitation is more focused on curative medicine and involves intensively trained clinicians and different health professionals particularly physiotherapists (Thais et.al, 2014). Cerebral palsy is a neurodevelopment disorder characterized by movement and posture abnormalities. Incidence of CP in countries of the western world is approximately 2-3 per 1,000 births. Children with CP usually show signs of muscle weakness, sensory deficits as well as spasticity and accompanied by loss of functionality and dependence on others for many daily activities. Children with cerebral palsy, as well as other motor disabled individuals, have different motor abilities and thus the capabilities of learning a new skill (Josip et. al., 2016). A cure for CP, which means repair of the underlying brain damage, is not currently available; therefore, the management of children with CP usually focuses on maintaining and improving quality of life and function and preventing secondary complications. Patients with CP are at a high risk of developing musculoskeletal problems that are mainly related to physical growth, abnormal muscle tone, a weakness, lack of mobility, poor balance and loss of selective motor control. (Cristinia et al., 2016). Telerehabilitation techniques mimic virtual reality and rehabilitation for neurological conditions by using robotics and gaming techniques. Telerehabilitation allows for treatment of the acute phase of diseases by substituting the traditional face-to-face approach in the patient rehabilitation interaction (Alessandro et al., 2017). Families are choosing educational programming for their students that provide learning opportunities using