

# Glossary

Grasp the subject, the words will follow.

Cato the Elder

| TERM                                   | DEFINITION                                                                                                                                                                                                                                                                               |
|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Abnormal/atypical</b>               | Deviating from the typical expectation.                                                                                                                                                                                                                                                  |
| <b>Achilles tendon</b>                 | The cord-like structure that attaches the gastrocnemius and soleus muscles (both calf muscles) to the bone at the heel.                                                                                                                                                                  |
| <b>Ankle-foot orthosis (AFO)</b>       | A type of orthosis (brace or splint) that controls the ankle and foot. See <i>orthosis</i> .                                                                                                                                                                                             |
| <b>Baclofen</b>                        | A medication used for tone reduction; can be delivered either orally or by using a pump connected to a catheter to deliver the medication to the intrathecal area (the fluid-filled space surrounding the spinal cord). The latter delivery method is called intrathecal baclofen (ITB). |
| <b>Bilateral CP</b>                    | A form of cerebral palsy that affects both sides of the body.                                                                                                                                                                                                                            |
| <b>Botulinum neurotoxin A (BoNT-A)</b> | A medication used for tone reduction. It is delivered by injection directly into the muscle.                                                                                                                                                                                             |
| <b>Cardiometabolic</b>                 | Referring to both heart disease and metabolic disorders (such as diabetes).                                                                                                                                                                                                              |
| <b>Casting</b>                         | The process of stretching a muscle by applying a plaster of paris or a fiberglass cast; for example, a below-knee cast to stretch the tight gastrocnemius and/or soleus muscles (calf muscles) to hold the muscle in a position of maximum stretch.                                      |

|                                                         |                                                                                                                                                                                                                                                                                                            |
|---------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Centers for Disease Control and Prevention (CDC)</b> | The national public health institute in the US.                                                                                                                                                                                                                                                            |
| <b>Cerebral</b>                                         | Referring to the cerebrum, the front and upper part of the brain, one of the major areas responsible for the control of movement.                                                                                                                                                                          |
| <b>Contracture</b>                                      | A limitation of the range of motion of a joint. It occurs in the muscle-tendon unit (MTU) and/or capsule of the joint, not just the muscle. See <i>muscle-tendon unit</i> ; <i>range of motion</i> .                                                                                                       |
| <b>Crouch gait</b>                                      | A persistent flexed-knee gait. The exact degree of knee flexion that constitutes crouch gait varies in the literature but is typically greater than or equal to 20 degrees. This knee flexion is normally also accompanied by persistent hip flexion. The foot position can be variable. See <i>gait</i> . |
| <b>Diplegia</b>                                         | A form of cerebral palsy affecting all limbs, but the lower limbs are much more affected than the upper limbs, which frequently show only fine motor impairment.                                                                                                                                           |
| <b>Dystonia</b>                                         | A condition characterized by involuntary muscle contractions that cause slow repetitive movements or abnormal postures that can sometimes be painful.                                                                                                                                                      |
| <b>Episode of care (EOC)</b>                            | A period of therapy (at the appropriate frequency) followed by a therapy break.                                                                                                                                                                                                                            |
| <b>Fine motor function</b>                              | Refers to the smaller movements in the wrists, hands, fingers, and toes. Examples include picking up objects between the thumb and forefinger, and writing. Also called fine motor skills, hand skills, fine motor coordination, or dexterity.                                                             |
| <b>Gait</b>                                             | A person's manner of walking.                                                                                                                                                                                                                                                                              |
| <b>Gait analysis</b>                                    | A measurement tool used to evaluate gait. Within gait analysis, multiple variables are evaluated using different measurement tools.                                                                                                                                                                        |

|                                                                                 |                                                                                                                                                                                                                                                        |
|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Gross motor function</b>                                                     | The ability to make large, general movement of the arms, legs, and other large body parts, such as sitting, crawling, standing, running, jumping, swimming, throwing, catching, and kicking. Also called gross motor skills.                           |
| <b>Gross Motor Function Classification System (GMFCS)</b>                       | A five-level classification system that describes the functional mobilities of children and adolescents with cerebral palsy. Level I has the fewest limitations and level V has the most. It provides an indication of the severity of cerebral palsy. |
| <b>Hemiplegia</b>                                                               | A form of cerebral palsy affecting the upper and lower limbs on one side of the body. The upper limb is usually more affected than the lower limb.                                                                                                     |
| <b>Hypotonia/hypertonia</b>                                                     | See <i>muscle tone</i> .                                                                                                                                                                                                                               |
| <b>International Classification of Functioning, Disability and Health (ICF)</b> | A universal framework for considering any health condition. It helps show the impact of a health condition at different levels and how those levels are interconnected.                                                                                |
| <b>Magnetic resonance imaging (MRI)</b>                                         | A noninvasive imaging technology that produces detailed three-dimensional anatomical images without the use of radiation.                                                                                                                              |
| <b>Muscle-tendon unit (MTU)</b>                                                 | A combination of the muscle, tendon, and other structures.                                                                                                                                                                                             |
| <b>Muscle tone</b>                                                              | The resting tension in a person's muscles. Tone is considered abnormal when it falls outside the range of normal or typical; either too low (hypotonia) or too high (hypertonia). Abnormal muscle tone occurs in all types of cerebral palsy.          |
| <b>Musculoskeletal</b>                                                          | Referring to both the muscles and the skeleton; includes muscles, bones, joints, and their related structures (e.g., ligaments, and tendons). The term <i>neuromusculoskeletal</i> includes the nervous system.                                        |
| <b>Neurology</b>                                                                | Specialty dealing with disorders of the nervous system.                                                                                                                                                                                                |
| <b>Neuromusculoskeletal</b>                                                     | Referring to the nervous system, muscles, bones, joints, and their related structures.                                                                                                                                                                 |
| <b>Neurosurgery</b>                                                             | Specialty that involves surgical management of disorders of the nervous system.                                                                                                                                                                        |

|                                                        |                                                                                                                                                                                                                              |
|--------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Occupational therapy</b>                            | A type of therapy based on engaging in everyday activities (occupations) to promote health, well-being, and independence.                                                                                                    |
| <b>Orthopedic surgery</b>                              | Specialty that involves surgical management of disorders affecting the <i>musculoskeletal</i> system.                                                                                                                        |
| <b>Orthosis</b>                                        | A device designed to hold specific body parts in position to modify their structure and/or function; also called a brace or splint.                                                                                          |
| <b>Orthotics</b>                                       | The branch of medicine concerned with the design, manufacture, and management of orthoses. See <i>orthosis</i> .                                                                                                             |
| <b>Osteoporosis</b>                                    | A medical condition where the bones are weak and brittle, with low density.                                                                                                                                                  |
| <b>Palsy</b>                                           | Paralysis (though paralysis by pure definition is not a feature of cerebral palsy).                                                                                                                                          |
| <b>Pediatrics</b>                                      | Specialty dealing with children and their conditions.                                                                                                                                                                        |
| <b>Percentile</b>                                      | A variable (such as a person's height by age) that divides the distribution of the variable into 100 groups. The 50th percentile is always the median (the midpoint that separates lower and higher values into two groups). |
| <b>Physiatry</b>                                       | See <i>physical medicine and rehabilitation</i> .                                                                                                                                                                            |
| <b>Physical medicine and rehabilitation (PM&amp;R)</b> | Specialty that aims to enhance and restore functional ability and quality of life among those with physical disabilities. Also termed <i>physiatry</i> .                                                                     |
| <b>Physical therapy/physiotherapy</b>                  | A type of therapy to develop, maintain, and restore a person's maximum movement and functional ability.                                                                                                                      |
| <b>Quadriplegia</b>                                    | A form of cerebral palsy affecting all four limbs and the trunk; also known as tetraplegia.                                                                                                                                  |
| <b>Range of motion (ROM)</b>                           | A measure of joint flexibility; the range through which a joint moves, measured in degrees. Also called range of movement.                                                                                                   |
| <b>Selective dorsal rhizotomy (SDR)</b>                | Refers to the selective cutting of abnormal sensory nerve rootlets in the spinal cord to reduce spasticity.                                                                                                                  |

|                                                |                                                                                                                                                                                                                     |
|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Single-event multilevel surgery (SEMLS)</b> | Multiple orthopedic surgical procedures performed during a single operation.                                                                                                                                        |
| <b>Spasticity</b>                              | A condition in which there is an abnormal increase in muscle tone or stiffness of muscle that can interfere with movement and speech, and be associated with discomfort or pain.                                    |
| <b>Speech and language pathology (SLP)</b>     | A type of therapy to support those with speech, language, and communication needs as well as feeding and swallowing difficulties. Also called speech and language therapy.                                          |
| <b>Tendon</b>                                  | The cord-like structure that attaches the muscle to the bone; for example, the <i>Achilles tendon</i> attaches both calf muscles to the bone at the heel.                                                           |
| <b>Tone</b>                                    | See <i>muscle tone</i> .                                                                                                                                                                                            |
| <b>Unilateral CP</b>                           | A form of cerebral palsy that affects one side of the body.                                                                                                                                                         |
| <b>W-sitting</b>                               | A description of the sitting position often adopted by a child with cerebral palsy where the child's bottom is on the floor while their legs are out to each side; looking from the top, the legs form a "W" shape. |