Indian Institute of Cerebral Palsy- Kolkata

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Initial Thoughts

• I love the IICP mission
• The holistic approach to IICP services
  • Everything from physical to social to emotional and even vocational support
• The dedication and heart of the staff
• The smiles of the children
My Project

• Flashcard booklet for the parents
• Goal: to help the parents carryover the therapy for their children at home
• Each flashcard has the following
  1. Title of the technique
  2. The purpose of the technique
  3. Proper positioning of the technique
  4. Picture of the child doing the exercise
Important Points

• Catered towards parents
• Clear, concise, accurate
• The use of colloquial language without jargon
• The inclusion of the therapists to show the proper position for the parents as well as the children
• Inclusion of the natural responses of the children
Head Lifting on Bolster (Side Pillow)

Purpose:

- Develop head control

Positioning:

The child should be placed over a bolster and support herself with her arms and the parent should show a toy above her head to encourage the child to lift her head.
Reaching Out Activities in Astride Sitting

Purpose:

• Develop trunk balance
• Shifting the body weight

Positioning:

The child should be sitting on a bench with his legs apart. The parent should be sitting behind the child making sure that the child’s feet are flat and facing forward. Use a toy to encourage the child to reach out. When reaching out, the child should try to fully straighten his arms.
Alternative Format

• Monthly calendar with a flashcard for each month

• Possible uses
  • For parents to note the dates of the progressive milestones
  • For parents to keep track of the exercises being done daily
Parting Thoughts

• Importance of inclusivity
• Focus on Ability and not Disability
• Seeing the children’s smiles empowers others
• Importance of relationship building
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