

From effective interventions to an active lifestyle in CP: the missing link
Simona Bar-Haim on behalf of the Middle East Stepping Forward (MESF) consortium

Youths with Cerebral Palsy (CP) who are ambulatory demonstrate limitations in activity capacity and performance. In order to quantify activity performance in youth with CP measures need to reflect their day-to-day life experiences within the environment in which they live.

Better understanding of the general activity of youth with CP is necessary to understand the current status and effects of interventions aimed at mobility limitations.

We will present the results our CP-PALS project conducted during the last 3 years aimed to:

- a. to raise awareness of, and promote, a physically active lifestyle for Middle East teenagers with disabilities due to CP by means of a collaborative Jordanian-Israeli-Palestinian applied research project.
- b. to evaluate the baseline levels of physical activity in large populations of children and teenagers with CP in the communities of the participating countries by long-term monitoring by accelerometers.
- c. to conduct a clinical trial comparing the efficacy of physical training program in groups with a treadmill training program. And evaluate new technology of split belt treadmill training in motor learning and retention-transfer of learned skills.

Presentations:

Simona Bar-Haim –Israel: introducing the study design and the Middle East consortium

Nadia Allisa –Jordan: Reporting on the CP-PALS study in Jordan

Ronit Aviram –Israel: Effects of a Circuit Functional Progressive Resistance Training Program on the Motor Functions and Habitual Physical Activities of Adolescents with Cerebral Palsy

Akram Amro –Palestine: Self reported Quality of life of youths and young adults in the Middle East (Akram)

Katherin Joubran –Israel: Effectiveness of Split Belt Treadmill training on physical activities and motor functions of adolescents with Cerebral Palsy

Ibtisam Nammourah-Palestine: Reporting on the CP-PALS study in Palestine

Simona Bar-Haim : The Missing Link – moderating the discussion and closing remarks

The Middle East Stepping Forward (MESF) is a unique consortium. During the last 10 years researchers from Palestine, Israel and Jordan have crossed regional, political, religious and scientific borders to answer the question, "How can we most effectively study and treat persons with disabilities?"