

ApplyEBP's 3 Practical Takeaways

From the article: *“Defining functional therapy in research involving children with cerebral palsy: a systematic review”* Geijen, M., Ketelaar, M., Sakzewski, L., Palisano, R., & Rameckers, E. (2020).
Physical & Occupational Therapy In Pediatrics, 40(2), 231-246.

What Is “Functional Therapy”? And Are You Providing It?

There are 6 criteria for *Functional Therapy*.
Here are 3 to get you started (with DOs & DON'Ts).
Then read the full article to learn 3 more.

1

Task-specific

DO: Base intervention on task-analysis. Practice activities which are in the established goals.

DON'T: Focus on tasks that are not in the established goals.

2

Active involvement of the child/parents to find solutions, learn motor skills and discover new possibilities.

DO: Be “brains-on” as you support child’s active search for, and trial of motor solutions.

DON'T: Be too “hands-on.” (This approach is basically hands-off.)

3

Focused on functionality, rather than normality.

DO: Focus on successful performance of motor task.

DON'T: Focus on quality of performance.