

3 Practical Takeaways



What impacts self-care more? Spasticity, strength, UE control or trunk control?

Lessons from: Impact of Upper Extremity Impairment and Trunk Control on Self-Care Independence in Children With Upper Motor Neuron Lesions by Keller, J. W., Fahr, A., Lieber, J., Balzer, J., & van Hedel, H. J. (2021). Physical Therapy.

1

Trunk and upper extremity selective voluntary motor control (SVMC) had the most impact

- Assess trunk control and upper extremity SVMC, and how they impact a child's performance of self-care

2

Spasticity and strength had the least impact

- In fact, it is surprising on how little they contribute to self-care performance, when compared to UE and trunk control

3

Support UE and trunk control to allow participation in self-care activities

- Intervene during real-world practice of self-care by supporting UE and trunk control; consider external supports & task modifications

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