

# Strength Training for Young People with Cerebral Palsy

A NEW DVD TO HELP YOU THINK OUTSIDE THE SQUARE

STRENGTH TRAINING FOR YOUNG PEOPLE WITH CEREBRAL PALSY?

Muscle weakness is preventable – and treatable in people with cerebral palsy. But everyday activities like walking just aren't enough. Latest research shows that strength training can increase strength with added bonuses.

## WHAT IS THIS DVD ABOUT?

This new DVD explains what people with cerebral palsy need to know to treat and beat muscle weakness. Based on extensive research that has revolutionised thinking about the management of cerebral palsy, you will see three young people participating in a strength training program for the first time. Instructions about simple, effective workouts are interspersed with valuable information which shows how strength training fits with the current management of cerebral palsy.

## WHO DEVELOPED THIS DVD?

The DVD was developed by a team with extensive clinical and research expertise. Professor Karen Dodd and Dr Nicholas Taylor from La Trobe University's School of Physiotherapy, with Professor Kerr Graham, Director of the Hugh Williamson Gait Laboratory at the Royal Children's Hospital in Melbourne, have recently led several exciting research projects investigating the effects of strength training for people with cerebral palsy. More than 15 research papers have been published from this research.

## WHO IS IT FOR?

This DVD will be as helpful to young people with cerebral palsy and their families, as it will be to medical, health and fitness professionals.

For more information or to order a copy of this DVD please contact Denise Langford on telephone 61 3 95805945 or email at [denise@australianbarbell.com.au](mailto:denise@australianbarbell.com.au).

