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Effectiveness of Task Specific Trunk Movement Training Exercise Protocol in Rehabilitation of Infants and Children with High Predictive Value of Cerebral Palsy: A Randomized Control Pilot Study

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Cerebral palsy describes a group of permanent disorders of the development of movement and posture, causing activity limitation that are attributed to nonprogressive disturbances that occurred in the developing fetal or infant brain. The main objective of the study was to assess the effectiveness of task specific trunk movements training on prognosis of trunk control for infants and children with high predictive value of cerebral palsy. The research design is a single blind randomized control trial. In the present study, the Task specific Trunk Movement Training (TTMT) exercise protocol was developed and its effect on improving trunk control and motor skills in infants and children with a high predictive value of cerebral palsy was evaluated. The 10 children, age between six months to 2 years were selected and randomized into a control (n=05) group and an experimental (n=05) group. The control group was provided with routine exercises and the experimental group was provided with routine exercises and TTMT exercise protocol. The intervention was provided for 3 months. At the 1st session (1st week), 2nd month and end of third month, the outcome measure (Gross motor function measure) was used by a blinded evaluator who is a physiotherapist and not an employee of the study centers. The study result showed improvement in both the groups (experimental and control). The experimental group showed a significant improvement in the 2nd month compared to the control group in Gross motor function measure scale. This suggests that the "task specific trunk movement training" is an effective exercise protocol for training trunk movements in infants and children with high predictive value of cerebral palsy.

Keywords: *task specific training, motor skills, trunk movements, gross motor functional measure scale*