

ABSTRACT

AL IRSYAD UNIVERSTY CILACAP

DIPLOMA III PHYSIOTHERAPHY

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SCIENTIFIC PAPERS

APPLICATION OF BOBATH EXERCISE AND STRECHING EXERCISE

THERAPY IN CASES OF CEREBRAL PALSY SPASTIC QUADRIPLYGIA

Consisting of 5 CHAPTERS, Pages, Figures, Tables

Background and Purpose of Writing: Spastic Cerebral Palsy occurs prenatally, perinatally, or postnatally; characterized by poor muscle tone and posture, lack of movement and balance, cognitive, perceptual and epileptic problems, as a result of which its management is complex and requires a multidisciplinary approach

Research Methods Used: In this Scientific Writing report, the author provides physiotherapy treatment to An. W in the form of Bobath Exercise and Stretching exercise therapy to reduce spasticity and muscle stretching, the therapy was carried out 6 times on 20 February 2024

Research Results: Bobath Exercise and Stretching are exercise therapies to improve posture, coordination and movement.

Conclusion: After physiotherapy was carried out 6 times using bobath exercise and stretching therapy, the results showed that there was no significant improvement because the patient's growth and development was hampered.

