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Flexibility and Game Actions' Effects on Lower Extremity Joint Range of Motion in Cerebral Palsied Children (Spastic Type)

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ABSTRACT This study considers impact of game actions and flexibility on lower extremity joint-gap. Conventional approach to physical training and sports applications, game and flexibility methods is used. The researchers had district Kocaeli Province, Izmit Fizomer Physics Treatment and Rehabilitation Medical Center for Spastic type stored in diagnosing cerebral palsy with 10 children for 16 weeks, treatment centre was perfect for the training days and families with permission came out of treatment sessions. A physiotherapist had a session of 20 minutes, 30 minutes flexibility with each individual, moving from one child to the other, using a conventional approach and lower extremity games. The joint width measurement data collection tool, with Universal Goniometer Kendall McCreary rating system was used. Wilcoxon test was used to assess data. In conclusion, ($p > 0.05$) significance was found in right hip flexion and extension, left hip flexion and extension and left knee flexion and extension. However, there was no significance found in the right knee flexion and extension ($p > 0.05$). Positive effects were seen as a result of applying the program on joint range of motion. Therefore, in addition to physical treatment given to the children, special rehabilitation education and game lesson module in rehabilitation institutions are recommended.