



INVITATION TO A WALKING AND RUNNING SKILLS RESEARCH STUDY FOR CHILDREN WITH CEREBRAL PALSY

WHO: Children and teens with cerebral palsy (CP), ages 5 to 18 years who are able to do walking and running skills without use of walking devices.

WHAT: A 2 hour test session. Participants will try 35 skills such as throwing a ball to a target on the wall, bouncing a ball while running, walking backwards on a line, doing step-ups, and running as fast as possible down a hallway.

These are part of a new test called the **Challenge**. Participants will also do a 6-minute distance walk test and a questionnaire about activities done during the week. There will be an option to do an interview to help us learn about kids' activity choices.

WHY: One of the difficulties that kids with CP often have is with walking, running and jumping skills. We are refining and further testing the **Challenge** so physiotherapists will have a good way to measure kids' abilities on advanced physical skills. These skills help kids to participate fully in physical activities at home and school.

WHERE: Holland Bloorview Kids Rehabilitation Hospital,
150 Kilgour Rd., Toronto

WHEN: At a time most convenient for your family during the week or on weekends.

HOW: Contact Bhavnita Mistry, project coordinator at 416-425-6220, Ext. 3403 or bhavnita.mistry@utoronto.ca for more information.