



The Family Hope Center

An International Center for the Development of Children

address: 550 E. Township Line Road
Suite 700
Blue Bell, PA 19422

phone: 610-397-1737

website: www.familyhopecenter.org

What is Cerebral Palsy?

In general, professionals refer to children who are spastic or rigid, and have poor mobility and speech, as having cerebral palsy.

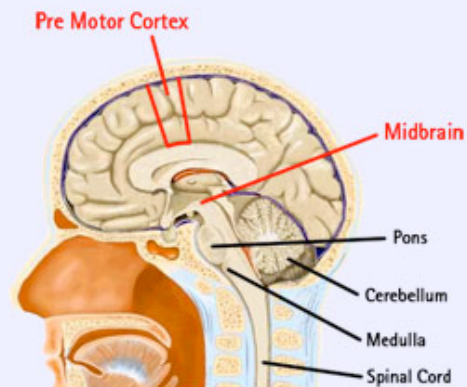
But cerebral palsy – “cerebral” meaning “of or relating to the brain” and “palsy” meaning “a condition marked by uncontrollable tremors of the body” - is not a clearly defined condition. In the 6th edition of the International Classification of Diseases handbook, for example, there are over 50 different classifications of cerebral palsy. As a result, instead of leading to clarity, a diagnosis of cerebral palsy can often lead to confusion.

There are many ways a child’s brain can be injured, but children with cerebral palsy are typically hurt through a difficult birth process during which they do not get enough oxygen. Without enough oxygen, the brain loses vital functions and abilities.

This much is clear: cerebral palsy is *not* primarily a condition or impairment of the muscles, and treating as if it were – which often happens – will inevitably fail to help the child. Rather, children with cerebral palsy are injured primarily in the midbrain area of the brain. These injuries severely compromise the sensory messages that normally pass through the midbrain, up to the pre-motor cortex and back. As a result, children who are diagnosed with cerebral palsy typically have problems using their eyes together to converge; have hypersensitive hearing and sense of touch; and have difficulty speaking, moving in a coordinated fashion and using their hands. But since the cortex is usually functioning well, these children are often very smart.

Brain impairments associated with Cerebral Palsy

Children with **Cerebral Palsy** are impaired primarily in the midbrain area. As a result, children who are diagnosed with Cerebral Palsy typically have neurological and developmental issues in the areas of vision, hearing, sensation, language, mobility and manual competence.



Because the brain controls the body, an injury to the brain can result in significant physical problems. In children with cerebral palsy, the injury to their brain always means that their physical structure is compromised, from a moderate to profound degree. Thus restoring the integrity, ten-segrity and integration of the cranial sacral mechanism, the spine, the fascia, and the muscles – in addition to addressing the problem at its origin in the brain - must be undertaken if we expect to heal a child with cerebral palsy completely.

How Can We Help?

At The Family Hope Center, we address the brain and the structural development of the child simultaneously, to create an optimal neurofeedback loop for healing. We develop a comprehensive cranial sacral, respiratory, nutritional, sensory, motor and structural program designed for each child's specific condition and age, then teach the parents how to help their child by doing the program at home.

What Do We Do for these Children?

In general - and in contrast to what often happens in conventional treatment for children with cerebral palsy - we target the midbrain *first*, not the cortex. We do this by optimizing the cranial sacral mechanism, developing the respiratory pathway, and giving the children opportunities to experience independent, neurologically progressive mobility function. Simultaneously, and without medication, injections or surgery, we develop a program to improve the metabolic and respiratory pathways, which decreases the child's often overwhelming rigidity. Finally, we create a program to heal the physical structure of the child - thereby further reducing muscular rigidity and/or increasing tone as necessary. Although this is a complicated process, many parents have succeeded in creating these pathways for their children with cerebral palsy.

In conjunction with the above, we address the sensory pathways, which regulate sight, smell, touch, taste and hearing, in order to bring about the normal development of these functions. The information carried by these pathways must be properly processed in the midbrain before it is sent to the cortex. Once the sensory pathways have been developed, but not before, we proceed to the development of the other functions, such as mobility, speech, manual dexterity and social skills, that depend on the proper functioning of these pathways.

Finally, and critically, we address the overall metabolic, neurological and physical health of the child in several important ways:

- We dramatically increase oxygen delivery to the whole brain. This contributes greatly to the overall health and development of the brain, which both facilitates and accelerates the healing process.

- We work to ensure that the cranial sacral mechanism is functioning up to its maximum potential. Without addressing this important aspect in healing the child, the progress will be much, much slower.
- Since progress toward wellness depends *heavily* on an excellent, cleansing diet, we develop individually designed diets to increase neurotransmitter function in the brain, restore gastrointestinal health, and eliminate over-sensitivities to allergens and toxins.

After many years of experience, we know that children who follow treatment plans like these – including children with cerebral palsy - can and will make steady progress on the full range of their neurological, metabolic, mobility and other issues.