

# **Co- Chief Investigators:**

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**Trial Population** 

Children aged 4-11 with spastic cerebral palsy (bilateral or unilateral) GMFCS levels I-III

#### Intervention

Dynamic Stretching Exercise
Programme (6 physio sessions
over 16 weeks)

#### Control

Usual Care (1 assessment session: self-management advice)

**Outcomes** 

Functional mobility (GOAL) – Primary at 6 months,
Joint range of motion (CPIP protocol), Motor Function
(TUG), EQ-5D-Y, Educational attendance, Exercise
Adherence

**Trial Population** 

Adolescents aged 12-18 with spastic cerebral palsy (bilateral or unilateral) GMFCS levels I-III

### Intervention

Progressive Resistance Exercise Program (6 physiotherapy sessions over 16 weeks)

#### Control

Usual Care (1 assessment session: self-management advice)

Outcomes

Functional mobility (GOAL) – Primary at 6 months, Muscle Strength (Five-time sit-to-stand), Motor Function (TUG), EQ-5D-Y, Educational attendance, Exercise Adherence

IRAS: 326645

## WOULD YOU LIKE TO PARTICIPATE AS A SITE IN THESE TRIALS?

To register your interest, or to ask questions please email:

spell@ndorms.ox.ac.uk or robust@ndorms.ox.ac.uk









IRAS: 325313





- Funding available for physio and research activity via your Clinical Research Network (CRN)
  - Trials are registered on NIHR portfolio
- We can support your sites in accessing these funds via your CRN

<u>SPELL — Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences (ox.ac.uk)</u>

<u>ROBUST — Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences (ox.ac.uk)</u>

Patient and parent friendly information on the studies, taking part and further resources:

spell-study.org

robust-study.org





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