

General Movement Assessment



What is a General Movement Assessment (GMA)?

The General Movement Assessment (GMA) is a quick tool we use to look at an infant's movements. It helps us determine if your infant may be at a higher risk for cerebral palsy.

When will my baby have a GMA?

The assessment begins while your baby is still in the hospital. We will also repeat them at your follow-up visits after discharge to look out for changes over time. This helps us predict the risk for cerebral palsy as early and accurately as possible.

Who performs the GMA and how do they do the assessment?

The occupational and physical therapists have special training to complete this assessment. They record a 2 to 10-minute video of your baby's movements. The length of the video depends on how often your infant moves. The therapist will look at your infant's movements and score the assessment. Only those who know how to score the GMA will be able to see the video.

What happens if my baby has a higher risk of cerebral palsy?

Most infants get an official diagnosis with cerebral palsy at 18 to 24 months. If your infant's GMA shows a high risk for cerebral palsy, we can begin to plan for support services earlier. This will help make sure your infant has the support they need to develop as best as they can.

Where can I find out more?

You can find more information about the GMA on the [Cerebral Palsy Alliance](https://cerebralpalsy.org.au/cerebral-palsy/signs-symptoms/general-movements-assessment/) website. Visit <https://cerebralpalsy.org.au/cerebral-palsy/signs-symptoms/general-movements-assessment/>

Or scan the QR code below:

