E-Poster

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The Role of Rehabilitation in Cerebellar Hypoplasia

Topic: Rehabilitation Across the Continuum of Care

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BACKGROUND

Cerebellar hypoplasia is defined as a diminished cerebellum, the morphology of which is often normal. The prevalence of cerebellar hypoplasia at birth is not well known. This condition, which is often congenital, leads to motor disorders such as ataxia, hypotonia and coordination difficulties. There is currently no cure for cerebellar hypoplasia, but various therapeutic approaches, such as rehabilitation, can help manage symptoms and improve quality of life.

CASE DESCRIPTION

We report the case of a 7-year-old girl diagnosed with cerebellar hypoplasia. On clinical examination, the patient presented with assisted walking, requiring the help of another person to maintain her balance. A widening of the support polygon was observed. Muscle strength was noted as 5/5, indicating normal muscle strength. However, axial hypotonia was present, with reduced muscle tone in the trunk. Osteotendinous reflexes were brisk in the lower limbs, and the plantar skin reflex was flexed.

The treatment in Physical and Rehabilitation Medicine (PRM) consisted of regular motor rehabilitation.

DISCUSSION

Cerebellar hypoplasia, a neurological disorder characterized by an underdeveloped cerebellum, can have a significant impact on an individual's motor functions and coordination. This condition, which is often congenital, appears early in life and can vary in severity. Diagnosis of cerebellar hypoplasia usually involves a combination of clinical assessment and imaging techniques. A full medical history and physical examination are crucial first steps. Management of cerebellar hypoplasia is multidisciplinary, based on close collaboration between several specialist professionals, such as neuropsychologists, occupational therapists, speech therapists, special educators, psychomotor therapists and physiotherapists. This approach provides a comprehensive response to the child's needs, assessing and supporting his or her motor, cognitive and behavioral abilities. Re-education plays an essential role in this, as it aims to improve the child's coordination, balance and motor skills, while promoting their overall development and integration into school and social life.

CONCLUSION

Cerebellar hypoplasia is a complex condition with various causes and effects. Although rehabilitation cannot cure it, it is crucial for improving patients' quality of life by compensating for motor deficits and promoting their independence. Understanding its nuances is key to effective management and support for those affected.

Statement of Disclosures

None

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