

Abstract

Children with cerebral palsy have lesser cardiorespiratory endurance (or aerobic capacity) and less physical activity than children who are developing normally. Cardiorespiratory problems are linked to a higher risk of noncommunicable diseases and premature aging. The goal of this research is to discover aspects that can be added in physiotherapy practice to ensure a long-term improvement in aerobic capacity in children with cerebral palsy while engaging in physical activity. Also investigated is the effect of aerobic capacity on functional abilities. A systematic review of the literature was undertaken utilizing the PubMed, Cochrane Library, ScienceDirect, and PEDro databases. The child's cardiorespiratory fitness appears to improve when they engage in high-intensity, goal-directed physical activity. The child's adherence appears to be aided by a motivating intervention and the removal of environmental barriers to the activity's practice. This allows for a long-term increase in aerobic capacity. It was impossible to draw a direct link between this improvement and functional capacity. Few studies have incorporated cerebral palsy and low global motor skills in recent years. Despite the importance of the findings, their heterogeneity prevents generalizable suggestions for all children with cerebral palsy. It is critical to take steps to increase physical exercise. Measurement tools appropriate to every child with cerebral palsy are also advised in order to ensure that the sessions are rigorously evaluated on a regular basis. These will improve in effectiveness and reliability.

Keywords: cerebral palsy, aerobic capacity, physical activity, prevention