

Effects of Oral Motor Therapy on Feeding and Swallowing Skills in Children with Cerebral Palsy

Yogesh S¹, Manoj Abraham Manoharlal²

¹Postgraduate student, ²Professor and Principal, K.G College of Physiotherapy, Coimbatore, Tamil Nadu, India.

Email Id: manojpt903@gmail.com

Abstract

Introduction: Cerebral palsy describes a group of permanent disorders of movement and posture, causing activity limitations that are attributed to non-progressive disturbances in the developing fetal or immature brain. The majority of children with cerebral palsy have feeding difficulties and gastrointestinal problems, such as oropharyngeal dysfunction, gastroesophageal disease, and constipation. Oral motor therapy in CP aims to improve feeding and swallowing skills. The objective is to determine the effect of oral motor therapy on feeding and swallowing skills in children with cerebral palsy.

Methods: This was an experimental study in which 10 CP subjects were divided into 2 groups. Experimental Group (A) received Oral motor therapy and conventional physiotherapy, and Control Group (B) received Conventional physiotherapy alone. Treatment duration was 12 weeks, 3 times a week, and 1 hour per session. Outcome measures were the Oral motor assessment scale and the Behavioral paediatrics feeding assessment scale.

Results: Experimental Group (A) Oral motor assessment scale post value 17 and Control Group Oral motor assessment scale post value 11.40, Experimental Group (A) Behavioural paediatrics feeding assessment scale post value 147.80 and Control Group B Behavioural paediatrics feeding assessment scale post value 152.20. Significant improvement was observed in Experimental Group A.

Conclusion: This study concluded that Oral motor therapy and conventional physiotherapy are better management options for improving feeding and swallowing skills in subjects with cerebral palsy.