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# Investigating Outcomes of Emerging Treatments for Cerebral Palsy

Hannah Halt
*Indiana State University*

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Hannah E. Halt

Honors College

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Dr. Bierly

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## Abstract

**Cerebral palsy** presents a complex neurological challenge affecting **movement** and posture, with significant implications for individuals' quality of life. This essay provides a thorough examination of cerebral palsy, covering its **prevalence**, types, and associated health conditions. It explores current treatment modalities, including **constraint-induced therapy**, gait-focused physical therapy, and cell-based therapies, highlighting their effectiveness and **cost** considerations. Ethical dilemmas in **stem cell** research for cerebral palsy are being discussed, alongside ongoing clinical trials and their potential impact. Through a multidisciplinary approach, this essay sheds light on the evolving landscape of cerebral palsy treatment, emphasizing the importance of early detection and intervention for improved outcomes. Ultimately, it underscores the need for continued research and collaborative efforts to address the multifaceted needs of individuals living with cerebral palsy.

# Investigating Outcomes of Emerging Treatments for Cerebral Palsy

## Introduction

Cerebral palsy occurs in 1 in 345 children in the United States and one to four per thousand children worldwide (Moawad, 2023). Researchers are currently looking for a cure for cerebral palsy patients; however, a large focus has been placed on understanding the condition, identifying the risk factors, and advancing treatments. Research is actively being conducted on stem cell therapy to see if damaged brain cells can be fixed or replaced (Victorio, 2024). Cerebral palsy goes along with a decreased life expectancy. There are common conditions that can affect a person who has cerebral palsy such as heart disease, metabolic disease, diabetes, digestive issues, and/or dementia (Moawad, 2023). These can increase the likelihood of illness and early death for these individuals. In the past, a diagnosis has been made between the ages of twelve and twenty-four months (about two years); however, it can now be made before 6 months (Finch-Edmondson et al., 2019). Early detection of cerebral palsy is vital, so interventions can help improve individuals' outcomes.

## Background

Cerebral palsy (CP) is a disorder that affects an individual's ability to move and maintain posture and balance. It is caused by the brain being permanently damaged while the child is still in utero, during delivery, or shortly after birth (Moawad, 2023). Doctors have identified three distinct types of cerebral palsy. The three distinct types are spastic, dyskinetic, or ataxic. Symptoms of cerebral palsy differ from individual to individual. All individuals have problems with movement and posture; however, some may require more intervention than others (*What is*

*Cerebral Palsy*, 2023). The specific disorders that can occur depend on which areas of the brain are affected.

**Spastic Cerebral Palsy**

The most common type of cerebral palsy is spastic cerebral palsy. Someone who has spastic cerebral palsy has an increased muscle tone which means their muscles are stiff and causes their movement to be awkward. When talking about spastic cerebral palsy, it is identified by what body parts are affected. Spastic hemiplegia/hemiparesis cerebral palsy only affects one side of the individual's body. The next type of spastic cerebral palsy is spastic diplegia/diparesis. This type results in muscle stiffness, mainly in the legs. Most of the time the arms are not affected at all or are less affected. They may have difficulty walking due to tightness in their leg and hip muscles which causes them to pull their legs together, cross their knees, or turn their legs inward. Spastic quadriplegia/quadriparesis is the most severe type of spastic cerebral palsy and affects all four limbs, the trunk, and the face. Most of the time they cannot walk and have developmental disabilities such as seizures or problems with vision, hearing, or speech (*What is Cerebral Palsy*, 2023).

**Dyskinetic Cerebral Palsy**

The second type of cerebral palsy is dyskinetic, caused by damage to the basal ganglia. The basal ganglia are responsible for regulating voluntary movements. Dyskinetic cerebral palsy is when the individual has problems with controlling the movement of their feet, legs, hands, and arms which makes it difficult to grasp objects, sit, and walk (*What is Cerebral Palsy*, 2023) The movements that they experience are uncontrollable and may be slow or rapid and jerky. These movements can worsen when an individual attempts to move. Depending on the individual, their face and tongue could be affected, which results in difficulty sucking, swallowing, and talking. Individuals with dyskinetic cerebral palsy can either have high or low muscle toning, or both, depending on the day. The different forms of dyskinesia depend on which structure of the basal ganglia is affected (Himmelmann, 2009). Dyskinetic dystonia is when involuntary muscle contractions occur in slow, twisting, or repetitive movements triggered by attempts to move. Dystonia is the tightening of the muscles, painful muscle spasms, involuntary movements, and abnormal postures. It can affect any of the muscles in your body, except smooth muscles, such as your heart, bladder, and other internal organs. Dystonia can be located either in one part of the body or throughout the whole body (*What is Cerebral Palsy*, 2023). If dystonia is localized to one part of the body, then it is called focal dystonia, and it only occurs during a particular task or movement. Generalized dystonia is when the dystonia movement occurs in both legs and at least one arm or the trunk combined with at least one arm or leg. Generalized dystonia can affect mobility and result in difficulty with speech and swallowing.

**Ataxic Cerebral Palsy**

The third type of cerebral palsy is ataxia, which involves movements that are not smooth and look unsteady. Ataxia is from damage to the cerebellum which is responsible for balance. It can affect any part of the body and can have a significant impact on daily activities. When it affects the arms and hands, individuals have a challenging time reaching for objects due to tremors that cause them to overshoot the target. When it affects the lower limbs, it makes it difficult for a person to remain stable and increases the chances of them falling. Their walking may look like they are under the influence of drugs or alcohol due to them being so unsteady. Individuals with ataxia tend to have a monotone voice characterized by unusual acceleration or pauses between their syllables (*Cerebral Palsy Alliance Research Foundation*, 2023).

Although some treatments can help the symptoms of cerebral palsy, there is no cure currently available. In the United States and surrounding countries, research and experiments are being conducted to evaluate emerging treatments for cerebral palsy. When researching a treatment, it is important to identify these innovative treatments, assess their widespread adoption, analyze cost factors, examine potential variances in patient outcomes, and explore criticisms surrounding these novel therapeutic approaches. By addressing these questions, the research aims to contribute valuable insights into the evolving interventions, while understanding their impact and challenges.

**Discussion**

Enhancing mobility, especially the ability to walk, is a paramount concern for countless children diagnosed with cerebral palsy and their families. When considering essential aspects of treatment interventions, parents of these children place significant emphasis on the achievement of mobility milestones, particularly in terms of attaining what is perceived as “correct” walking. The ability to walk is viewed not only as a measure of physical function but also as a crucial determinant of their children's current and future well-being. For children with cerebral palsy, limited walking abilities can significantly impact their overall physical health. Challenges in mobility can lead to reduced independence, limitations in daily activities, and barriers to social participation. As a result, acquiring, retraining, or improving gait function becomes a central goal for both the families and the rehabilitation team. Families invest considerable time, effort, and resources into therapies and interventions aimed at enhancing their child's mobility and gait. These interventions may include a combination of physical therapy, occupational therapy, orthotic devices, assistive technology, and sometimes surgical procedures. The ultimate objective is to optimize functional abilities and quality of life for children with cerebral palsy. In addition to the physical benefits, achieving improved gait function can have profound psychological and emotional effects on children with cerebral palsy and their families. Walking independently or with minimal assistance not only enhances a child's sense of autonomy and self-esteem but also fosters greater inclusion and participation in social and recreational activities. Furthermore, addressing mobility challenges early in life can have long-term implications for a child's development and overall health outcomes. Early intervention and ongoing support can help mitigate secondary complications associated with impaired mobility, such as musculoskeletal deformities, joint contractures, and cardiovascular issues (National Institute of Neurological Disorders and Stroke, 2023).

Healthcare professionals must adopt an integrated approach to treatment that addresses the multifaceted needs of children with cerebral palsy and their families. By prioritizing mobility and gait function as integral components of therapy plans, clinicians can contribute to improving the overall well-being and quality of life of children living with this condition. Through collaborative efforts between families, healthcare providers, and community resources, children with cerebral palsy can be supported in achieving their full potential and leading fulfilling lives.

**Constraint-Induced Therapy**

The landscape of treatments for cerebral palsy continues to undergo dynamic evolution, driven by ongoing research and innovative approaches. Among the emerging therapies, a promising avenue under investigation is constraint-induced therapy (CIT) for children diagnosed with spastic unilateral cerebral palsy. This novel intervention entails intensive functional training that focuses on the more affected upper limb while simultaneously restraining the less affected side (Chen et al., 2014). The rationale behind constraint-induced therapy lies in addressing the tendency of individuals with cerebral palsy to underutilize their more affected limb, leading to muscle atrophy and weakness over time. Despite the inconvenience, patients often default to relying on their less affected hand for tasks, reinforcing the asymmetrical usage pattern. To counteract this tendency, therapists design interventions that create an environment conducive to promoting the active engagement of the more affected limb. Constraint-induced therapy employs various forms of restraint, including casts, splints, or slings, to limit the movement of the less affected limb. The constraint-type device is worn on the unaffected arm during the full therapy session and ninety percent of the hours outside the clinic. The duration and intensity of these restraints are tailored to patients' needs, with application ranging from one hour per day to a continuous 24-hour regimen over a specified period, depending on the severity of the condition (Hoare et al., 2019). The individual is also given home assignments and answers questions regarding how well he or she felt the arm functioned during various daily living tasks that he or she is trying to perform at home. This encourages mindfulness of the affected limb and is an important aspect of the program. By extending the duration or intensifying the home-based CIT regimen, clinicians aim to maximize the therapeutic benefits of focused limb training and limb use. This prolonged exposure to structured activities and stimuli holds the potential to stimulate neural plasticity, facilitate motor learning, and enhance functional outcomes for children with spastic unilateral cerebral palsy (Hoare et al., 2019). However, such adjustments must be implemented with careful consideration of individual patient factors, ongoing monitoring, and close collaboration between healthcare professionals and caregivers to ensure safety, tolerability, and efficacy throughout the treatment process.

In a randomized designed trial, researchers assigned one hundred and eighteen children, spanning the age spectrum from two to eight years old, all diagnosed with hemiparetic cerebral palsy, to one of the five structured treatment regimens (Ramey et al., 2021). This trial served as a rigorous examination of the efficacy and comparative merits of various therapeutic protocols.

Specifically, it evaluated the impact of a three-hour dosage administered over a total duration of sixty hours, compared to a lower dosage regimen comprising two-and-a-half-hour sessions, three times weekly, over a condensed four-week period, totaling thirty hours of therapy. Each participant underwent comprehensive assessments at three crucial stages: baseline, conclusion of treatment, and a follow-up evaluation six months post-treatment. The findings of this conducted trial revealed a nuanced landscape of outcomes, exhibiting variations in statistical significance across diverse metrics, including blinded assessments, parent-reported observations, and rank-order gains (Ramey et al., 2021). However, amidst this complexity, a discernible pattern emerged, highlighting the superiority of the high-dose constraint therapy regimen in eliciting both immediate and sustained gains. Notably, participants subjected to the high-dose constraint therapy regimen exhibited a consistent pattern of higher short-term and long-term outcomes, underscored by notable advancements in critical domains such as visual motor integration and dissociated movement, as evidenced by improvements persisting at the six-month follow-up assessment period (Ramey et al., 2021). These findings underscore the potential of intensive therapeutic interventions to engender meaningful and enduring enhancements in functional capabilities and motor proficiency among children grappling with the challenges of hemiparetic cerebral palsy. Constraint-induced therapy has been proven to be an effective treatment and is being widely used in the recovery of limb motor dysfunction.

Although this treatment is effective it may not be cost-effective. Constraint-induced therapy is not currently reimbursed by insurance companies which makes it all paid out of pocket, which can be impossible for some people to do. An entire two-week program is usually around sixty thousand dollars. Researchers conducted a bottom-up costing of an implementation support package and delivery of constraint-induced therapy, which was modeled from the

Australian health system perspective. The evaluation was conducted with twenty constraint-induced programs given by neurological rehabilitation teams at five hospitals in a mixed methods implementation package (Christie et al., 2022). They compared the uptake and outcomes of people who received the constraint-induced therapy from health services that had received a constraint-induced therapy package, with those who received standard upper limb therapy. The total cost of delivering the implementation package to nine teams across five hospitals was $110,336.46 AUD over eighteen months which is $71,917.30 in USD. (Christie et al., 2022). The incremental cost-effectiveness ratio (ICER) for individual constraint-induced therapy programs was calculated at AUD 8,052 (USD 5,248.29) per additional person achieving meaningful improvement in arm function, while for group-based constraint-induced therapy, it stood at AUD 6,045 (USD 3,940.13) (Christie et al., 2022). Notably, the ICER was found to be most sensitive to reductions in staffing costs. In the best-case scenario, the ICER for both individual and group based CIMT was lower at $245 AUD (USD 159.69) per additional person experiencing a meaningful change in function (Christie et al., 2022). While this treatment is an effective tool for helping patients with cerebral palsy, it is not feasible for patients and their families to pay for it.

**Gait-Focused Physical Therapy**

For numerous children diagnosed with cerebral palsy and their parents, enhancing walking proficiency stands out as a primary concern when evaluating crucial aspects of treatment interventions. As training intensity, frequency, specificity, and level of repetition with variation play a key role in encouraging sensorimotor learning in individuals with disorders of the central nervous system, partial-body weight-supported treadmill training has emerged as a recognized therapeutic strategy to meet this specific need. Within the last decade, robot-assisted gait training

(RAGT) therapy has been an increasingly used therapy option for children with cerebral palsy. Various methods of robot-assisted gait training present an appealing treatment avenue for enhancing functional mobility in children with cerebral palsy. This approach can be enhanced through the integration of patient-engaging techniques such as exergames. However, RAGT necessitates not only costly equipment but also a proficient therapy team. The successful integration of RAGT into clinical practice demands a high degree of multidisciplinary coordination within rehabilitation facilities. Like any other therapeutic intervention, RAGT has its specific indications and contraindications. While research in this field is expanding, conclusive evidence regarding the efficacy of RAGT as a therapeutic option remains elusive.

In a research study, they conducted a systematic review with meta-analysis. A systematic search was conducted in PubMed Medline, Web of Science, Scopus, CINAHL, PEDro, and SciELO databases, covering articles published up to October 2022 (Cortés-Pérez et al., 2022). Included in the review are controlled clinical trials (CCT) that compared robot-assisted gait training with traditional therapy (TT) or conventional treatment (CT). These trials evaluated various parameters such as gait speed, step and stride length, step width, walking distance, cadence, and standing ability, as well as walking, running, and jumping capabilities. Additionally, assessments were made on gross motor function and functional independence in children with cerebral palsy. As a result of the research, the robot-assisted gait training showed better results than conventional training in the post-intervention assessment for gait speed, walking distance, and walking, running, and jumping ability (Cortés-Pérez et al., 2022). In another research study, forty-seven patients with bilateral spastic cerebral palsy were divided into two groups. Twenty-one patients went through twenty therapeutic units of robot-assisted gait training and twenty-six patients went through twenty units of conventional therapy (Klobucká et al., 2020). The research evaluated patients based on lying and rolling, sitting, crawling, kneeling, standing, walking, running, and jumping. In conclusion from the research, the intensive robot-assisted gait training regimen is more beneficial and effective than conventional therapy in terms of improving gross motor functions with bilateral spastic cerebral palsy (Klobucká et al., 2020).

Robot-assisted gait training is a highly effective way to help patients with cerebral palsy to help them start moving properly allowing intensive repetitive targeted training that stimulates neuroplasticity. However, the equipment used is expensive, making availability limited for every therapy office. In a study, the researchers aimed to analyze the cost-effectiveness of robot-assisted gait training compared to conventional kinesiotherapy (CON) from the healthcare provider's perspective (Klobucká et al., 2023). For both therapies combines, they calculated: hourly costs for one physical therapist, the average number of physical therapists needed for one therapeutic unit (TU) for one patient, the average duration of one TU, the average number of TU during the study period, and the price per one TU. In the cost of the robot-assisted gait training, the researchers included the cost of buying the robotic device, the number of years until the amortization of the robotic device, and the annual costs of routine maintenance. The results of the study revealed that robotic-assisted gait training in an intensive plan is more effective and overall, more cost-effective in patients with cerebral palsy compared to conventional therapy (Klobucká et al., 2023).

With the increasing use of robot-assisted gait training, clinicians and patients are vocalizing how they feel about robot-assisted devices in the rehabilitation setting. In a recent study, researchers dive into the perceptions and acceptance of robots using a questionnaire Overall, there was a positive perception that was observed by participants; however, the results also showed the need for social and cognitive support is essential for clinicians and patients (Raigoso et al., 2021).

**Cell-Based Therapy**

A new therapeutic method for treating cerebral palsy has attracted huge interest, stem cell therapy. The end goal of stem cell therapy is to harness the regenerative capacity of the stem cells that cause the formation of new tissues to replace the damaged tissues. Stem cell transplantation has the potential to replace the damaged and non-functional cells in the brain and provide support to the remaining neurons and oligodendrocytes (Beldick & Fehlings, 2017). Oligodendrocytes produce myelin which helps send signals faster, so when this is damaged, signals are delayed. As research has advanced, researchers have discovered that stem cells can be induced to become more specialized cell types, and when transplanted into the body, they can provide support to a damaged environment. Stem cells have two characteristics that make them unique from others in the body. Stem cells can divide and make copies of themselves over periods, and they can differentiate into more specified functional cell types (Beldick & Fehlings, 2017). Their ability to divide and replicate themselves over extended periods allows for the maintenance of a stem cell population and the potential to generate a theoretically limitless supply. Additionally, their capacity to differentiate into more specified functional cell types such as heart, lung, or brain cells makes them highly versatile. These properties have significant implications for regenerative medicine and therapeutic strategies. For instance, stem cells can be grown in culture to form colonies, and these cells can then be manipulated to transform into specialized cell types according to the factors provided to them. This can aid in the development of treatments for various diseases or injuries by replacing damaged or lost cells with new, healthy ones. Furthermore, the regenerative potential of stem cells offers the possibility of creating tissue or organ models in the laboratory for research purposes or use in drug testing. This can lead to more accurate and ethical models for studying diseases and potential treatments. In the future, stem cells may even be used to engineer entire organs for transplantation, revolutionizing the field of medicine. Some of the most important types of stem cells are embryonic stem cells, induced pluripotent stem cells, neural precursor cells, and mesenchymal stromal cells (Beldick & Fehlings, 2017).

Bone marrow mesenchymal stem cells (BMSCs) transplantation is becoming a new method for treating cerebral palsy because the BMSCs have strong self-renewal and proliferation. If this treatment becomes available to patients, this could become a cure for cerebral palsy. The potential mechanisms through which candidate cell therapies may operate in treating brain injuries are many (Finch-Edmondson et al., 2019). Firstly, they may operate through anti-inflammatory pathways, mitigating the inflammatory immune response to brain injury by reducing the release of excitotoxins, cytotoxins, and reactive oxygen species. Secondly, trophic mechanisms may be at play, fostering cell survival through the release of neurotrophic factors that stimulate endogenous cell migration, proliferation, differentiation, and angiogenesis. Thirdly, regenerative mechanisms may be involved, wherein damaged brain tissue is replaced through the engraftment, proliferation, and differentiation of transplanted cells. Several types of cells have been proposed for this kind of therapy, including amino epithelial cells, mesenchymal stromal/stem cells, umbilical cord blood, and neural progenitor/neural stem cells (Finch-Edmondson et al., 2019). Each of these cell types carries its own set of advantages and disadvantages, necessitating careful consideration in therapeutic applications.

Some clinical trials have been conducted to explore the potential of stem cell therapies in treating perinatal/preterm brain injury. One study investigated the safety and feasibility of autologous umbilical cord blood (UCB) transplantation in extremely preterm neonates (Rudnicki et al., 2015). This research aimed to assess the efficacy of UCB transplantation in promoting neurodegeneration and improving long-term neurological outcomes in this vulnerable population. In another study, researchers conducted a Phase 1 dose-escalation study on Pneumostome transplantation in preterm infants with severe intraventricular hemorrhage (Ahn et al., 2018). This study sought to evaluate the safety and potential therapeutic effects of Pneumostome, a stem cell therapy derived from umbilical cord blood, in infants suffering from this serious complication of prematurity. Despite the limited number of published clinical trials specifically targeting perinatal/preterm brain injury, meta-analyses of stem cell trials for other neurological indications provide valuable insights. Studies focusing on conditions such as adult stroke and cerebral palsy in children have shown promising results regarding the potential benefits of stem cell therapies. However, it is essential to note that further research, particularly randomized controlled trials tailored to perinatal/preterm brain injury, is necessary to establish the optimal treatment protocols and fully understand the therapeutic potential of stem cell therapies in this context.

However, the ethical considerations surrounding clinical trials of stem cells in newborns with perinatal brain injury are complex. There is a balance between potential benefits and risks for these. However, the ethical considerations surrounding clinical trials of stem cells in newborns with perinatal brain injury are complex. There is a balance between potential benefits and risks for these vulnerable patients, leading human ethics committees to often prioritize "first in human" studies in consenting adult populations. Second, the timing of stem cell treatment poses a dilemma, whether to administer universal treatments to all preterm patients in the newborn period or to wait and provide targeted therapies once children with definite long-term disability are identified. Third, the mechanism of action must align with the clinical indication, with different cells being more suitable for acute or chronic phase injuries. Fourth, the origin of cells raises ethical questions, especially regarding neural stem cells, which typically require consent from embryonic or fetal sources.

These clinical trials represent significant strides in regenerative medicine for neonatal neurological conditions and are providing new therapies for previously untreatable conditions. In the case of cerebral palsy, stem cell therapy is likely to make small incremental improvements in the quality of life. By advancing our understanding of stem cell therapies' safety, efficacy, and mechanisms of action in the context of perinatal/preterm brain injury, they pave the way for the development of more targeted and effective treatment strategies for improving the long-term outcomes of affected infants.

**Conclusion**

Cerebral palsy presents a multifaceted challenge, profoundly impacting individuals' movement, posture, and overall quality of life. Throughout this essay, the complexities of cerebral palsy, including its prevalence, several types, associated health conditions, and current treatment modalities, have been explored. This exploration underscores both the strides made in cerebral palsy treatment and the enduring hurdles that individuals with cerebral palsy and their families encounter. One pivotal is the critical significance of early detection and intervention. Advancements in medical science enable diagnoses to be made before six months of age, allowing for timely interventions that hold the potential to enhance outcomes for individuals with cerebral palsy significantly. However, despite these advancements, there persists a pressing need for heightened awareness and improved accessibility to early intervention programs, ensuring that all individuals with cerebral palsy receive the vital support they require from the outset.

Regarding treatment modalities, promising avenues such as constraint-induced therapy, gait-focused physical therapy, and cell-based therapies have emerged. These interventions demonstrate potential in enhancing mobility, function, and overall quality of life for individuals with cerebral palsy. Nonetheless, challenges such as cost, accessibility, and ethical considerations must be effectively addressed to ensure equitable access to these therapies for all affected individuals. Stem cell therapy stands out as a promising frontier in cerebral palsy treatment, offering the prospect of regenerative interventions that could fundamentally alter the trajectory of the condition. While early clinical trials have shown promise, further research is imperative to establish optimal protocols, address ethical concerns, and ensure the safety and efficacy of these groundbreaking treatments. Ultimately, addressing the multifaceted needs of individuals with cerebral palsy necessitates a comprehensive, multidisciplinary approach encompassing medical, rehabilitative, and social interventions. Collaboration among healthcare providers, researchers, policymakers, and communities is paramount to providing holistic care that caters to the unique requirements of individuals with cerebral palsy and maximizes their potential. Looking ahead, substantial efforts are required to advance our understanding of cerebral palsy and enhance treatment options. By continuing to invest in research, raise awareness, and advocate for the needs of individuals with cerebral palsy, society can strive toward a future where every affected individual has the opportunity to lead a fulfilling and empowered life.

## Further Research

As researchers continue to investigate innovative approaches such as constraint-induced therapy (CIT), robot-assisted gait training (RAGT), and stem cell therapy, additional research could significantly enhance our understanding of cerebral palsy and improve treatment outcomes. Although these emerging treatments offer promise, there is a need for more comprehensive studies to assess their long-term efficacy and impact on the quality of life for individuals with cerebral palsy. Constraint-induced therapy and robot-assisted gait training present exciting opportunities for improving mobility and function. However, these interventions can be costly and may not be accessible to all patients. To address this, research should focus on making these treatments more affordable and accessible, which would benefit a broader range of individuals with cerebral palsy. Stem cell therapy has emerged as a promising avenue in regenerative medicine for cerebral palsy, with the potential to repair damaged brain tissue and enhance neurological function. Nevertheless, further research is necessary to understand the mechanisms through which stem cells contribute to brain repair and functional improvement. This includes determining the most effective cell types, optimal administration methods, and appropriate timing for treatment. Ethical and regulatory considerations are paramount in the context of stem cell therapy and other novel treatments for cerebral palsy. Ensuring patient safety and responsible research practices is crucial, as the use of different cell types and experimental approaches can pose ethical dilemmas. Rigorous ethical standards and oversight must guide research to protect patients and advance the field responsibly. By addressing these areas through targeted research and development, we can advance the understanding and treatment of cerebral palsy. In doing so, we will provide individuals with cerebral palsy access to innovative, effective, and safe therapies, enhancing their quality of life and functional independence.

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