



### **Why use the combination of dance and occupational therapy to facilitate your rehabilitation process?**

Occupational therapy is both a science and an art. Occupational therapists (OTs) are licensed and skilled health care professionals, who are trained to work with individuals on both a physical and cognitive level. OTs can assess the functional limitations an individual might encounter, and tailor their dance intervention plan to perfectly fit an individual's skill level.

## **Dance and OT**

### **Why is my occupational therapist suggesting we incorporate dance into our treatment plans?**

Dance has been shown to be a promising treatment modality due to its long-term effects on psycho-emotional skills that contribute to its positive effects in physical activity rehabilitation. It has been shown to provide multiple benefits including improved balance, gait, walking, and cardiorespiratory fitness.

One of the driving reasons why occupational therapists choose to incorporate dance into their treatment plans is because it promotes treatment plan adherence because that it is enjoyable! For individuals with neurological disorders, dance can bridge the gap between an enjoyable social activity and therapeutic exercise!

**DANCE,  
OCCUPATIONAL  
THERAPY, AND  
CEREBRAL PALSY**



## **DANCE, OCCUPATIONAL THERAPY, AND CEREBRAL PALSY**

*How the fusion of dance and occupational therapy can lead to higher quality of life for those with Cerebral Palsy*



## Dance and Occupational therapy for Cerebral Palsy

Individuals with cerebral palsy often experience challenges with posture, balance, strength, and endurance. Some individuals experience cognitive and sensory difficulties. Activities and opportunities for therapeutic movement through dance are vital for people with cerebral palsy to achieve developmental milestones, maintain optimal physical wellness, prevent decline in quality of life, and restore/improve performance capacity.

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*“Dance is the hidden language of the soul...”-Martha Graham*

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### Use of dance for individuals with Cerebral Palsy is supported in research to improve the following

- Balance
- Rhythm
- Walking speed
- Vestibular functioning
- Psychological and cognitive skills
- Mobility
- Communication
- Locomotion
- Functional independence



### Resources

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