

## Bobath Therapy for Cerebral Palsy

<b>Date:</b>	November 2017	<b>Date of Last Review:</b>	April 2013
<p><b>This intervention is considered of low priority and will only be commissioned by the NHS on an exceptional case basis.</b></p> <p><b>It is the responsibility of referring and treating clinicians to ensure compliance with this policy.</b></p> <p><b>Clinicians need to apply to the Exceptional Cases Panel for approval of funding for referral for initial assessment at the Bobath Centre for children with cerebral palsy (funding request form <a href="#">here</a>).</b></p>			

<b>Definition:</b>	Bobath Therapy, also known as neurodevelopmental therapy (NDT) is a physiotherapy approach to treating patients with damage to their central nervous system, such as those with cerebral palsy. The focus is on patient and carer participation to improve muscle tone, posture and function. It aims to assess the patient's needs and adapt to individual requirements.
<b>Resource implications:</b>	Initial assessment and 2 weeks of therapy at The Bobath Centre: £3,900. Initial consultation with a senior therapist: £520. Additional or regular therapy sessions: £130.
<b>Evidence and rationale:</b>	Physical therapy is an integral part of the management of cerebral palsy, with the aim of reducing muscle tone and/or improving function. Certain approaches are recommended based on the best available evidence. There is a lack of good quality evidence to support the use of NDT in children and adolescents with cerebral palsy; some studies have shown limited improvements. However, a recent systematic review <sup>1</sup> states that neurodevelopmental therapy is expressly not recommended due to a lack of efficacy and the availability of more effective alternatives for each stated goal of NDT and this recommendation has been incorporated into UpToDate guidance <sup>2</sup> . There is therefore insufficient evidence to establish the efficacy and cost effectiveness of Bobath Therapy compared to standard treatment.
<b>Risks:</b>	There does not appear to be significant safety issues related to Bobath therapy, but more effective treatments are available.
<b>Priority:</b>	Low priority treatment.

### GLOSSARY

**Cerebral Palsy:** A term used to describe a group of conditions characterised by varying degrees of paralysis and originating in infancy or early childhood.

### REFERENCES:

1. Novak, et al. A systematic review of interventions for children with cerebral palsy. *Developmental Medicine and Child Neurology* 2013 Oct; 55(10):885-910.
2. UpToDate: Management and prognosis of cerebral palsy  
[https://www.uptodate.com/contents/management-and-prognosis-of-cerebral-palsy?source=search\\_result&search=cerebral%20palsy&selectedTitle=3~150](https://www.uptodate.com/contents/management-and-prognosis-of-cerebral-palsy?source=search_result&search=cerebral%20palsy&selectedTitle=3~150)