



Children with spastic cerebral palsy experience serious problems with walking and other everyday activities. They may end up in a vicious cycle where inactivity leads to reduced physical fitness, further aggravating walking problems. Promotion of physical activity is therefore assumed to be important. In this thesis we studied factors that are related to activity and inactivity of children with cerebral palsy and evaluated the effectiveness of a physical activity stimulation program that involved counseling, home physiotherapy and fitness training.



### **inspired by motion**

Freedom of movement in all its aspects determines quality of life – from cell to organ and from organ to the entire body. Our inspiration is substantiated through research into regenerative medicine, rehabilitation and sport.



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