

## **DEFINITION OF TERMS – FOR PARENTS AND PROFESSIONALS**

Abduction	Movement of a limb outwards away from the body.
Adduction	Movement of a limb towards the body's midline.
Active movement	Movements a child does without help.
Associated reactions	Increase of stiffness in spastic arms and legs resulting from effort.
Asymmetrical	One side of the body different from the other – unequal
Ataxic	No balance - jerky.
Athetoid	Child with uncontrolled and continuously unwanted movements.
Automatic movements	Necessary movements due without thought or effort.
Balance	Not falling over ability to keep steady position.
Cerebral Palsy	Disorder of posture and movement resulting from brain damage.
Colonus	Shaky movements of spastic muscles.
Coordination	Combination of muscles in movements.
Contracture	Permanently tight muscles and joints.
Deformities	Body of limbs fixed in abnormal positions
Development	Growth of brain and body.
Diplegia	Legs mostly affected.
Distractable	Not able to concentrate.
Equilibrium	Balance.
Eversion	Turning out.
Extension	Straightening of trunk and limbs.
Facilitation	Making it possible for the child to move.
Flexion	Bending of elbows, hips, knees, etc.
Floppy	Loose or weak posture and movements – hypotonic.
Handling	Holding and moving with or without the help of the child.
Head control	Ability to control the position of the head.
Hemiplegia	One side of the body affected.
Inhibition	Positions and movements which stop muscle tightness.
Inversion	Turned in.
Involuntary movements	Unintended movements.
Motivation	Making child want to move.
Motor Patterns	The ways in which the body and limbs work together to make movement possible

Occupational Therapy	Treatment gives to improve movement for daily living.
Paraplegia	Legs only affected.
Passive	That which is done to the child without his help or cooperation.
Pathological	Abnormal.
Patterns	Same as motor patterns.
Perseveration	Unnecessary repetition of movement, and/or speech.
Physiotherapy	The treatment of disorders of movement.
Posture	Position from which the child starts moving.
Primitive movements	Baby movements.
Pronation	Turning of the hand with palm down.
Prone	Lying on tummy.
Quadriplegia	Whole body affected.
Reflexes	Postures and movements completely out of child's control.
Retardation	Slowing down of physical and mental development.
Righting reactions	Ability to put head and body right when positions are abnormal or uncomfortable.
Rigidity	Very stiff movements and posture.
Rotation	Turning over.
Sensation	Feeling.
Sensory motor experience	The feeling of one's own movements.
Skill	Ability to do task.
Spasm	Sudden tightening of muscles.
Spasticity	Hypertonic (increased tone) / hypotonic (Reduced tone)
Speech Therapy	Treatment given to develop or improve speech and help in feeding problems.
Stimulation	Making child able to move.
Supination	Turning of hand with palm up.
Symmetrical	Both sides equal.
Tone	Fitness of muscles.
Tonic Neck reflex	When the turning of the head causes one arm to straighter and stiffen and the other to bend.
Trunk	Body
Valgus	Flat feet.
Voluntary movements	Movements done with intention and with concentration.