

## Cerebral palsy



### What is cerebral palsy?

Cerebral palsy is a physical condition that affects how you move your arms and legs.



It also affects how you sit, stand and walk.



People usually get cerebral palsy if their brain gets hurt before, during or soon after they are born. For example, if they do not get enough oxygen or if they are ill.



Everyone with cerebral palsy is different.



Some people with cerebral palsy find it difficult to move.



Some people with cerebral palsy have epilepsy or find it difficult to talk.



## **Cerebral palsy and learning disability**

Cerebral palsy is not a learning disability .



Some people with cerebral palsy have a learning disability.



## **How do I know if my child has cerebral palsy?**

Doctors usually find out if someone has cerebral palsy when they are born or when they are very young.



This can help to make sure that your child gets extra support as soon as possible.



## **Help**

People with cerebral palsy might find **physiotherapy** helpful.



**Physiotherapy** can be exercises, massage or other treatment to help you to move better.



You can contact the Learning Disability helpline for more information and support:

- email [Helpline@mencap.org.uk](mailto:Helpline@mencap.org.uk)
- phone 0808 808 1111



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