

## Documents

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### **Factors affecting mother's adherence towards cerebral palsy home exercise program among children at hebron and bethlehem, Palestine**

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#### **Abstract**

The incidence of cerebral palsy is significantly growing in children, especially among specific spasticity C.P children at south west bank (Hebron and Bethlehem) areas in Palestine. This serious health concern disrupts the active daily living (ADL) among C.P children and affects the lives of their families, both socially as well as economically. The aim of this study was to investigate the factors associated with mother's adherence towards cerebral palsy home exercise program among children at Hebron and Bethlehem city. We did a clinical trial among the cerebral palsy children at Al-Caritas hospital and Al-Ihsan rehabilitation centre. The study participants were children with cerebral palsy (mild to moderate spasticity) followed up at Al-Ihsan rehabilitation centre in Hebron city and Al-Caritas hospital in Bethlehem city. The calculated sample size was 48 participants. Data were collected at two different time periods, one at baseline right before implementing the rehabilitation program and another at six-month' time interval after the intervention was carried out. Our results indicated that there was no significant association between mother's age and adherence towards home exercise program ( $p=0.946$ ). Furthermore, there were no significant differences among mothers' adherence to rehabilitation program in relation to socioeconomic status ( $p=0.415$ ), work ( $p=0.704$ ) and their level of education ( $p=0.265$ ). This study deduced that all mothers with C.P children were strongly committed towards the implementation of home exercise program regardless of their age, work, education level and financial background. © 2020, Advanced Scientific Research. All rights reserved.

#### **Author Keywords**

Cerebral Palsy; Hebron and Bethlehem; Home Exercise Programs

#### **Index Keywords**

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