

Helping Kids with Cerebral Palsy: What We Learned from the HABIT-ILE Study

Why did we do this study?

Children with cerebral palsy often find it hard to move around and use both hands together. This can make everyday tasks like dressing, eating and playing more challenging. We wanted to see if a special therapy program called HABIT-ILE could help.



What is HABIT-ILE?

HABIT-ILE is a fun, intensive therapy camp where kids practice using their hands and legs together through games and activities. The program runs for two weeks, about 6.5 hours a day, and focuses on each child's personal goals—like tying shoelaces, riding a scooter, or putting on socks.

Who took part?

90 children aged 6 to 16 years joined the study. Half went to the HABIT-ILE camp, and the other half continued their usual therapy for 6 months and then went to a camp.

Why does this matter?

HABIT-ILE helps kids become more independent and confident in daily life. It's not just therapy—it's fun, goal-focused, and gives children a boost that lasts.

What did we find?

- HABIT-ILE improved kids' hand use, self-care and mobility.
- Gains lasted six months.
- Walking changes were small overall, with some improvement in children with more severe challenges.
- The program was safe, with only minor soreness.
- Children met their personal everyday-task and mobility goals.

Key Takeaways for Families

- HABIT-ILE is a short, intensive program that can make a big difference in hand use and independence.
- Improvements stick around for months after the camp.
- It's safe and enjoyable for kids.

