

## Glossary of Terms

### Physical terms

**Affected (side/hand/leg etc.)** – part of the body that has the problem with movement or sensation

**Asymmetric (movements)** - non matching parts of the body

**Contracture** - permanent shortening of muscle or scar tissue, resulting in distortion or deformity

**Deformities** - parts of the body that are miss-shapen, malformed or fixed in abnormal positions

**Extension** –in a full stretch

**Flexed / flexion** – in a bent or curled up position

**Floppy** – very little or no muscle tone or control

**Handling** – holding and moving a child

**Hemiplegic** - paralysis affecting only one side of the body.

**Long-sitting** – sitting on the floor with legs straight out in front of the body

**Maintain full range of movement** – keeping the body joints flexible (bending and stretching) in all directions

**Mobility** – moving around from one place to another

**Muscle tone** – muscle tension

**Over-mobilise** - move the joints in the body outside of their normal range

**Pelvic strap** – belt that holds the hips back in a chair, in order to keep the person stable whilst sitting.

**Posture** - holding your body in a position

**Postural deformities** – these include limb contractures, hip dislocation and spinal deformities

**Prone** – lying on your front with your head down

**Reflex patterns** –movements that are not in the child's control

**Sit squarely** -sitting with feet flat, knees and hips bent at 90 °, back not twisted and knees in line with one another

**Sling** –piece of cloth to support your arm or leg

**Splints** – an aid to hold your arm or leg in a good position to help you improve a movement, standing, walking, using your hand etc.

**Stable position / stability** – when the child is not going to fall into a different position

**Stiff / stiffen** – (non-technical) – due to increased tone - spasticity or rigidity

**Supine** – lying on the back

**Supported seat /chair /seating** - sitting on chair with a back and sides which gives greater support

**Symmetrical** - both sides of the body matching, or moving together in the same way

**Transfers** – moving between positions; from lying to sitting; from sitting to standing; from standing back to sitting; from chair to another chair; from wheelchair to toilet

**Walker** – supportive frame to support child as he/she walks

**Weight-bearing** - taking body weight on your feet, such in as standing

**Other:**

**Finger-foods** – foods that can be held in the hand eg. biscuits

**Fits** – seizure resulting in reduced or loss of consciousness and/or abnormal body movements

**Flash cards** – picture cards to demonstrate an activity

**Non-verbal cues** - gestures or other body movements that communicate what the child is feeling or wanting

**Pretend play** – creative or imaginary play eg. the child uses a stone to pretend it is a ship; a doll for a baby..

**Socialisation** - meeting with different people and communicating with them

**Total Communication** – using several forms of communication at once, eg. showing an object, using gestures, and saying the word.

**Visual timetable** – a chart showing the activities of the day using pictures or objects to illustrate these, as well as the written word.