



# Center for Cerebral Palsy



Children's  
Specialized Hospital®

An RWJBarnabas Health facility



## What is Cerebral Palsy?

Cerebral Palsy (CP) is a disorder of motor function caused by an injury to the developing brain before birth, at the time of birth, or during early life. There are many types of Cerebral Palsy affecting movement, coordination, muscle tone, and balance which can be mild to severe. Because Cerebral Palsy is caused by an injury to the developing brain, many other organ systems can be affected. There are many treatments, therapies, and technologies available to assist individuals with CP. A comprehensive and coordinated approach is essential to help children diagnosed with CP reach their full potential.

## How is Cerebral Palsy Diagnosed?

There is no single test to diagnose CP. Utilizing a child's medical history, physical exam, tests, and imaging studies, an expert in Cerebral Palsy can diagnose CP. Early detection and treatment are essential for maximizing a child's function and health. In some situations, CP can be diagnosed as early as 6-months of age. Though most children are diagnosed between the ages of 1 and 3, an individual with CP can be diagnosed at any age.

### **Diagnostic procedures may include:**

- Computed tomography (CT) scan
- Cranial ultrasound
- Laboratory studies including blood and urine tests
- Magnetic resonance imaging (MRI)
- Neurological evaluation
- Physiatry evaluation

### **Additional tests that may help clarify diagnosis and related conditions include:**

- Developmental assessment
- EEG
- Gait analysis

## About the Center for Cerebral Palsy

The Center for Cerebral Palsy at Children's Specialized Hospital offers comprehensive multidisciplinary care for patients with cerebral palsy (CP) and other neuromuscular conditions. The goals of the center are to ensure children with CP receive all the medical and therapy services they need to improve function and reach their full potential.

## Treatment Approach

Patient and family centered care is our philosophy of partnering with every child and family in all that we do. This is our standard of care throughout Children's Specialized Hospital and you will see this in our staff's interactions with your child and family at every step of your journey. While the diagnosis of CP may be permanent, treatment can make a big difference in maximizing function, independence, and quality of life. Care coordination is essential and we recognize the importance of linking care and communication across patient, family, and multiple providers including school.

And, since CP can affect various functions, children and adolescents with CP benefit from our multidisciplinary team of experts.

We understand that traveling for multiple appointments can be a significant challenge for families. We also recognize that each child has a different level of endurance. As part of our comprehensive care coordination approach, we attempt to arrange evaluations as conveniently as possible for each family.

## Innovation

Innovation, research, and cutting-edge care are top priorities at the Center for Cerebral Palsy. Here, patients have access to participate in CP specific research opportunities or new programs at Children's Specialized Hospital. Current research topics and new program expertise include:

- Early diagnosis and detection
- Hip surveillance
- New technologies
- New treatments and therapies
- Pelvic floor incontinence
- Transition care for older patients





## Services

The Center for Cerebral Palsy multidisciplinary team consists of medical providers and therapists who work with the families to create individualized care plans for each patient. Physiatrists (Physical Medicine and Rehabilitation physicians) serve as the team lead ensuring that each individual is receiving all of the services they would benefit from.

Services include:

- Audiology
- Bracing
- Casting
- Developmental Behavioral Pediatrics
- Family Faculty
- Neurology
- Nutrition
- Occupational Therapy
- Orthopedics
- Physiatry
- Physical Therapy
- Rehabilitation Technology
- Social Work
- Special Needs Primary Care Practice
- Speech and Language Therapy





## What Makes Us Unique?

Children's Specialized Hospital is the nation's leading provider of inpatient and outpatient care for children from birth to 21 years of age facing special health challenges. Our mission is to be the preeminent provider of specialized healthcare services for infants, children and young adults. Here, we envision a world where all children can reach their full potential.

At the Center for Cerebral Palsy, we pride ourselves on delivering the best possible patient experience. Our trained staff approaches each case with a goal to help the patient reach the highest quality of life by taking a humanistic approach and collaborating with experts in this space.

Prior to the initial appointment, our team utilizes essential and specific information provided by the patient/family through a questionnaire to create a customized plan of services. Then, our schedulers will work with you to schedule appointments of your choosing. Based on the information given, the team will make recommendations for services needed and will work with families to schedule appointments of the family's choosing.

## Locations

Initial evaluations are completed in our Mountainside or Toms River Outpatient Centers.

### **Mountainside**

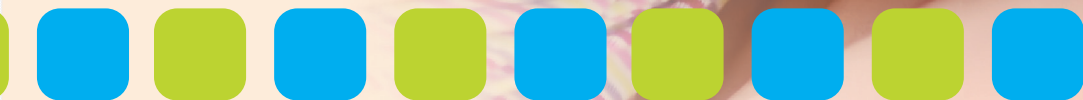
150 New Providence Road  
Mountainside, NJ 07092

### **Toms River**

94 Stevens Road  
Toms River, NJ 08755


Follow-up care can be transitioned to any of our outpatient centers throughout the state.

Bayonne | Clifton | East Brunswick | Egg Harbor Township | Hamilton |  
Jersey City | Mountainside | Newark | New Brunswick | Toms River | Warren





To learn more or to schedule an appointment, visit [rwjbh.org/cshcerebralpalsy](http://rwjbh.org/cshcerebralpalsy) or contact us:

 908-800-5200

 [CP@childrens-specialized.org](mailto:CP@childrens-specialized.org)

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