



## NEWS RELEASE

For more information, contact:  
John Barrett, Media Relations  
Phone: 651-229-1723  
Cell: 612-616-8533

FOR IMMEDIATE RELEASE

### **PRE-OPERATIVE GAIT ANALYSIS RESULTS IN SIGNIFICANT GAINS FOR 79 PERCENT OF PATIENTS WITH CEREBRAL PALSY**

**St. Paul, Minn. [August 7, 2003]** – Researchers at Gillette Children's Specialty Healthcare have found that treatment for patients who have cerebral palsy, when guided by pre-operative gait analysis, results in significant gains for 79 percent of patients. Gillette's research is the most comprehensive study ever of gait analysis used as part of the treatment for patients with cerebral palsy. Computerized gait analysis has been in use for 20 years, and Gillette's Center for Gait and Motion Analysis has been serving patients for more than 15 years.

Gillette's Center for Gait and Motion Analysis uses state-of-the-art equipment to record and analyze a patient's movement, walking ability and oxygen/energy consumption. The pre-operative results guide the physicians to the most appropriate treatment for the patient. The post-operative exam provides quantifiable results for the treatment used. Gillette's Center for Gait and Motion Analysis has been in operation for 15 years. It is the busiest gait lab in the country, serving more than 630 patients each year.

Researchers examined 135 patients who had undergone gait analysis as part of their pre-operative planning. Before and after surgery, the study compared the patient's energy/oxygen consumption, overall function, and 22 separate functional skills. "This study shows that 93 percent of the kids with cerebral palsy who are treated with both a rhizotomy and orthopaedic surgery following their gait analysis improve or maintain their mobility and skill levels," explains Tom Novacheck, M.D., director of Gillette's Center for Gait and Motion Analysis.

-- more --

The study also shows that energy/oxygen consumption for patients with cerebral palsy improves by an average of 30 percent after treatment. “A child with cerebral palsy walking over flat ground exerts as much energy other children would if they were rock climbing,” says James Gage, M.D., medical director of the Center for Cerebral Palsy. “Our overall goal is greater independence for our patients. Improving a child’s energy consumption and mobility may mean the child can walk up to accept a diploma without any assistance.”

Gillette, an independent, not-for-profit hospital and clinics, is internationally recognized for its work in the diagnosis and treatment of children and young adults with chronic conditions, including cerebral palsy, brain and spinal cord injuries, complex orthopaedic problems, arthritis, epilepsy, spina bifida and craniofacial anomalies.

Since 1897, Gillette has been at the forefront of medical technology, treatment, education and research for children with disabilities. Gillette’s mission is to help children realize the greatest possible independence, well-being and enjoyment in life.

(for more information about Gillette, Gait Analysis, and cerebral palsy, explore [WWW.gillettechildrens.org](http://WWW.gillettechildrens.org))