Effect of virtual reality games on motor performance level in children with spastic cerebral palsy

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Abstract

Introduction. The study aim was to examine the effects of virtual reality games on motor performance level in children with spastic cerebral palsy.

Methods. The study involved 30 children (boys and girls) aged 7–10 years with spastic diplegic cerebral palsy. They were randomly divided into the control group, who received a conventional selected exercise program, and the study group, who received the same conventional selected exercise accompanied by virtual reality games, 3 times per week for 3 successive months. Motor performance level was evaluated with the Gross Motor Function Measure scale (GMFM) and Gross Motor Function Classification System (GMFCS). The Wilcoxon test was applied for within-group comparison and the Mann-Whitney test for between-group comparison.

Results. The within-group comparison revealed significant improvements of GMFM and GMFCS scores in the study group, while in the control group, there was no statistically significant difference. Between-group comparisons showed a significant improvement of GMFM in the study group.

Conclusions. Virtual reality games have positive effects on the motor performance level in patients with spastic diplegic cerebral palsy.

Key words: virtual reality, cerebral palsy, motor function measure

Introduction

Cerebral palsy (CP) is one of the important severe childhood physical disabilities [1]. Limitation in the range of motion, postural disorders, decreased activity level [2], problems concerning sensory awareness, and a developmental delay in movement coordination affect daily living and need to be managed by a multidisciplinary health professional team [3].

Physiotherapy plays an important role in the rehabilitation of children with CP. It provides evaluation of motor abilities and improves daily living through different position and mobility training, family support, and equipping caregivers with relevant information on the patients’ health. Physical therapy mostly consists of direct interventions, such as facilitation and training of motor tasks [4].

Virtual reality (VR) – as a recently developed technology – helps children to achieve independency by promoting a variety of simple exercises [5]. Disabled children show enthusiasm and determination to engage with VR technology; however, its efficiency is yet to be sufficiently documented, especially in children with CP [6].

VR utilizes interactive simulations designed specifically via computers in order to engage children with an environment which is nearly identical to the actual world environment [7]. VR applications create a virtual environment that allows children to interact directly when practising functional activities [8].

Levac et al. [9] reported various ‘active ingredients’ of VR that can improve children rehabilitation as they create an interactive exercise environment for the children by increasing time, difficulty, and repetitions of exercise. Also, ecologically, VR provides an exact environment that mimics the actual world to facilitate a child’s ability to perform task-specific practices.

Moreover, virtual environments have the potential to re-create ‘environmental factors’ through limiting the environmental barriers, e.g. reducing finger flexion range of motion to decrease task difficulty, while emphasizing the support offered by family members or friends [9, 10].

Many assessment tools are accessible to evaluate the development of gross motor function in CP children, such as the Pediatric Evaluation of Disability Inventory or the Functional Independence Measure for children. Among them, the Gross Motor Function Measure (GMFM) is the leading and most regularly utilized tool around the world. The scale requires a qualified specialist and a suitable environmental factor [11].

GMFM evaluates change in response to an intervention and is considered the most used tool in assessing gross motor function in CP children, which detects functional changes. The arrangement of the testing items reflects the development of gross motor milestones. The GMFM-88 scale is divided into 5 dimensions: lying and rolling (17 items), sitting (20 items), crawling and kneeling (14 items), standing (13 items), and walking, running, and jumping (24 items) [12].

The Gross Motor Function Classification System (GMFCS) classifies gross motor function, providing therapists and researchers with highly reliable results, and has been widely used to evaluate CP children [13].
GMFCS divides children’s gross motor function into 5 levels, starting with level I, walking without any limitations, up to level V, walking with severe limitations even when the child uses assistive devices. It is suitable for patients aged from less than 2 years to 18 years [14]. It is applied in 5 age groups: less than 2 years, 2–4 years, 4–6 years, 6–12 years, and 12–18 years [15].

CP is considered one of the major disorders which affect movement and posture, leading to permanent disability, so the main objective of this study was to examine the effects of VR games on the level of gross motor function in children with spastic CP. We hypothesized that there would be no effects of VR games on motor performance level in children with spastic CP.

Subjects and methods

Design of the study

The pre- and post-experimental design study involved 2 equal groups: the study group, who received a physical therapy conventional exercise program in addition to VR games, and the control group, managed with the physical therapy conventional exercise program only.

Participants

A total of 30 spastic diplegic CP children (boys and girls) were enrolled in this study. They were chosen from the outpatient clinic for paediatrics, October 6 University hospital. The treatment program involved 3 sessions per week for 3 successive months. The children included in the study were diagnosed and referred by a specialized physician as having spastic diplegic CP. The degree of spasticity was grade 2 or less in the modified Ashworth scale. The patients, aged 7–10 years, were able to understand, follow, and participate in the games. Individuals were excluded from the study if they had auditory, visual, or severe cardiac disorders, significant tightness or fixed musculoskeletal deformity, or perceptual or cognitive disorders. The Pediatric Evaluation of Disability Inventory (social/cognitive domain) was used to evaluate the cognitive level, while the perception level was determined by assessing deep joint sense and stereognosis.

Randomization

The children were randomly assigned into 2 equal groups (study and control group) with the use of a computer-based randomization program. No dropping out of participants from the study was reported after randomization or intervention (Figure 1).

Outcome measures

Gross Motor Function Measure

Each child was given a specific description of the tasks. Then, the child was allowed to repeat the task 3 times, and the best trial was recorded. The time taken was 45–60 minutes. All items in (1) lying and rolling; (2) sitting; and (3) crawling and kneeling were performed on a mat. All items in (4) standing and (5) walking, running, and jumping were performed on the floor.

Particular items were scored as follows: 0 = no initiation, 1 = task initiation (< 10%), 2 = partial task completion (between 10% and < 100%), 3 = task completion [11].

Gross Motor Function Classification System

Each child was allowed to perform the function activities without any interruption from the caregiver or therapist. The level of their activity was recorded with reference to their age. The time taken was about 10 minutes.

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**Figure 1. CONSORT flowchart of the study**
The results were categorized as follows: level I – walking without any limitations, level II – limitations in walking, level III – using a hand-held mobility device in walking, level IV – limited self-mobility with a possible use of chargeable devices, level V – using a wheelchair manually [16].

Interventions

**Conventional exercise therapy program**

Both groups received a conventional selected exercise program for 60 minutes, 3 sessions per week for 3 successive months. The aim was to improve the motor function of the children in the form of: (1) neuro-developmental technique to improve the pattern of normal movement through muscle tone normalization, inhibition of abnormal reflexes, and facilitation of normal postural response; (2) back and abdominal exercises to improve postural control and correct spinal deformities; (3) improving postural responses through facilitation of righting, balance, and protective reactions while sitting on a roll and ball, standing on a balance board with tilting the child in different directions: forward, backward, and sideways; (4) flexibility exercises of the soft tissue (especially the Achilles tendon, hamstrings, hip flexors, adductors); (5) strengthening exercise (particularly for knee extensors, the Achilles tendon, hamstrings, hip flexors, adductors); (6) improving standing, weight transfer and shift, and finally, facilitation of the normal walking pattern.

**Program of virtual reality games**

All participants of the study group received a program of VR games for 30 minutes per session, 3 days per week, for 3 successive months. An Xbox 360 Kinect (Microsoft) game console was installed. It allows to practise games without any limitations, level II – limitations in walking, level III – using a hand-held mobility device in walking, level IV – limited self-mobility with a possible use of chargeable devices, level V – using a wheelchair manually [16].

### Statistical analysis

The Shapiro-Wilk test for normality was used to verify the normality assumption, homogeneity of variance, and presence of extreme scores. Independent t-tests were conducted to compare the groups for the descriptive data (age, weight, and height). The independent t-test showed that there were no statistically significant differences (p > 0.05) between the groups concerning age, weight, or height (Table 1).

### Ethical approval

The research related to human use has complied with all the relevant national regulations and institutional policies, has followed the tenets of the Declaration of Helsinki, and has been approved by the Ethical Committee of the Faculty of Physical Therapy, Cairo University, Egypt (No: P.T./REC./012/002734).

### Informed consent

Informed consent has been obtained from the legal guardians of all individuals included in this study.

### Results

### Comparison of GMFM results

As shown in Table 2, the pre-study median GMFM score for patients in the 2 groups (control and study) equaled 30–60%. There was no statistically significant difference in pre-study median values of GMFM between the 2 groups (p = 0.838). Yet, the post-study median GMFM results were...
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Thus, through these attributes, VR can effectively enhance the child’s motor function, e.g. by improving joint range of motion, increasing muscle strength, and enhancing the abilities to reach or walk. It can also raise the child’s self-confidence and motivational level [10].

Moreover, video games based on VR allow the child to be aware of their motor abilities and let the therapist graduate the patient’s activity level to improve their abilities in practicing tasks in a more difficult environment that would be unachievable for a CP individual as a result of limited mobility.

The ideal goal of using VR is to prepare children with CP to increase their participation in the actual environment by gradually overcoming the environmental limitations and adapting to all the constraints, which can be obtained through the transfer of task learning outcomes to the real environment [23]. However, converting what happens in the virtual environment to the real world is yet to be proved as it depends on several factors, such as user characteristics and contextual issues [10–23].

The insignificant improvement of the GMFCS level in the control group and between the groups may be due to the nature of the ambulation process, which may need much more time to exhibit significant improvement as there are many prerequisites of normal walking. The priorities are stable lower limb in the stance phase, foot clearance during the swing phase, adequate positioning of the foot in dorsiflexion at the end of swing, proper step length, and minimizing the effort [24].

The results of the study let us reject our hypothesis that there would be no effects of VR games on the motor performance level in children with spastic CP.

Limitations

This study was a single-centre study: owing to COVID-19 restrictions, we could not reach more children from different areas across the country. Furthermore, the study did not consider the psychometric effects of the treatment intervention or the long-term impact on the quality of life in CP children.

Conclusions

The current study found that the use of a video game system based on VR in the rehabilitation program for patients with CP might be considered as an effective physical therapy intervention method and could be added to treatment programs as it resulted in a significant improvement in the motor performance level.

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Disclosure statement

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Conflict of interest

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