Study Title

Improving Functional Mobility and Independence in Adults with Cerebral Palsy through Structured Hybrid Rehabilitation: a randomised controlled mixed-methods trial (MoveCP-FX)

Key Study Identifiers

Short title: MoveCP-FX
Protocol number: FX-UOS-CP-2026-001
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Study Overview

A multi-centre, parallel-group randomised controlled trial evaluating a **12-week structured hybrid rehabilitation programme** (combining physiotherapy, digital guidance, and home-based exercises) compared to **standard care** in adults with Cerebral Palsy (CP).

The study will explore whether structured, supported rehabilitation improves **functional mobility, independence, and quality of life**.

Eligibility

Inclusion Criteria

- Diagnosis of Cerebral Palsy (any subtype)
- Age 18–55 years
- Living in the community
- Able to engage in mild–moderate physical activity
- Capacity to consent (with support if required)

Exclusion Criteria

- Recent major surgery (<6 months)
- Severe uncontrolled epilepsy
- Significant cognitive impairment preventing participation
- Participation in another structured rehabilitation programme
- Medical instability or contraindications to exercise

Participant Journey

Participants may be identified via:

- Rehabilitation services *(fictional examples)*
- Community organisations
- Self-referral via study website *(fictional)*

Steps:

1. Screening and eligibility check
2. Informed consent using accessible materials

3. Baseline assessments:
    - Mobility (e.g. timed walk tests)
    - Functional independence scales
    - Quality of life questionnaires
4. Randomisation (1:1):
    - **Intervention group:** structured hybrid rehabilitation
    - **Control group:** standard care
5. Follow-up assessments at:
    - 12 weeks (post-intervention)
    - 6 months
6. Optional qualitative interviews exploring participant experience

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Intervention

Hybrid Rehabilitation Programme (12 weeks):

- Weekly guided physiotherapy sessions (in-person or remote)
- Home-based exercise plan (3–5 sessions per week)
- Digital support platform *(fictional)* with:
    - Instructional videos
    - Progress tracking
    - Reminders
- Monthly group sessions (peer support)

Control Group

Participants continue **standard care**, which may include:

- Routine physiotherapy
- Community support services
- No additional structured intervention

Timing

Intervention duration: 12 weeks
Total participation: approximately 6 months

Outcomes

Primary Outcome

- Change in functional mobility (validated scale)

Secondary Outcomes

- Activities of daily living
- Participation and social engagement
- Quality of life
- Fatigue and pain
- Participant-reported confidence and independence

Risks and Benefits

Risks

- Mild muscle soreness
- Fatigue
- Risk of minor injury during exercise

Mitigation

- Individualised exercise plans
- Supervised sessions
- Safety guidance provided

Potential Benefits

- Improved mobility and independence
- Increased confidence
- Enhanced quality of life

Data Handling

- Data collected via secure digital systems *(fictional)*
- Stored in accordance with GDPR principles
- Anonymised prior to analysis
- Retained for 10 years