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PII: S0966-6362(18)30390-4
DOI: https://doi.org/10.1016/j.gaitpost.2018.08.032
Reference: GAIPOS 6488

To appear in: *Gait & Posture*

Received date: 16-4-2018
Revised date: 27-7-2018
Accepted date: 27-8-2018

Please cite this article as: Yilmaz Topcuoglu M-Su, Krautwurst BK, Klotz M, Dreher T, Wolf SI, How do children with bilateral spastic cerebral palsy manage walking on inclines?, *Gait and amp; Posture* (2018), https://doi.org/10.1016/j.gaitpost.2018.08.032

Original Article (Full Paper)

Gait & Posture

How do children with bilateral spastic cerebral palsy manage walking on inclines?

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Highlights

- Steep inclines are a particular challenge for children with cerebral palsy
- Children with cerebral palsy reduce lateral trunk sway when walking 10° downhill
- Downhill they adapt with less knee flexion and plantarflexion compared to peers
- Children with cerebral palsy show more forefoot contacts for up- and downhill gait
- In uphill walking they increase their ankle power much less than their peers