

**The Reliability, Responsiveness and Clinical Utility of the Proximat®: A New Tool for Measuring Hip Range of Movement in Children with Cerebral Palsy**

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**Abstract:**

**Background and Purpose**

Monitoring range of movement is a key aspect of managing hip problems in children with cerebral palsy. The aim of this study was to assess the clinical utility, reliability and responsiveness of a new measurement tool, the Proximat®, for hip range of movement.

**Method**

Passive hip abduction, adduction, medial and lateral rotation were measured by using the Proximat® on 26 children with cerebral palsy attending three special schools: 16 of whom are boys, mean age = 7 years and 6 months (standard deviation = 4.2 years), range 2-15 years.

Testing was undertaken by two physiotherapists to assess interrater reliability and repeated the following day to assess test-retest reliability. Total, random and systematic errors were calculated for interrater and test-retest.

**Results**

The Proximat® was quick and easy to use and acceptable to the children. High reliability was found for all movements (intraclass correlation coefficient = 0.83-0.93) with reasonable responsiveness; total error was 2.5-12 degrees. Most of the error was random with little evidence of systematic bias.

**Conclusions**

The Proximat® is a reliable, responsive and acceptable method of measuring passive hip movements in children with cerebral palsy in day-to-day clinical practice. A change of 8-12 degrees is needed to overcome measurement error and to indicate that a 'true' change in range of movement has occurred.

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