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The SPELL Study

Children's Participant Information Sheet: 4 to 7 years old

Version 3.0_09Jun2025

Research Ethics Committee: REC 23/EE/0153

A study about children with cerebral palsy and stretching

Hello. We would like to ask you and your family if you would take part in an important study called The SPELL Study.

What is the SPELL study?

Children with cerebral palsy (CP) often have stiff legs. This makes it harder to move about. Physiotherapy is trying to help.

We have made new exercises to stretch the legs.

We want to find out if these new exercises are better than usual NHS physiotherapy.

This will help us find out the best ways to help other children with cerebral palsy.

We have tried to make the exercises fun!

Would you like to take part?



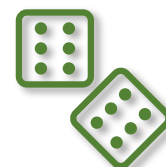
What exercises will I get?

One of the two exercises below:

SPELL exercises

OR

Usual exercises



A physio will help you learn the exercises.

We don't know which exercises are the best.

Your treatment will be chosen fairly, using a computer. You can't pick, and the doctors or physios can't pick either.



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What will happen if I say yes?

We will ask your mummy, daddy or the person who looks after you to sign a form.

You will know everything, like where they will see you.

We will check your legs.

We will also tell you more about the exercises and ask some more questions.

Do I have to say yes?

No, not at all. It's up to you! If you don't want to, that's OK. Nothing will change.

What if I have questions?

If you have any questions or worries, please tell your mummy, daddy or the person who looks after you.

Please also speak to the physio or doctor treating you.



THANKS FOR READING!