

# A Feasibility Randomised Controlled Trial of an Online Exercise Programme for Adults With Cerebral Palsy

NCT06983782

---

Status	RECRUITING
Phase	Not Applicable
Sponsor	Royal College of Surgeons, Ireland
Enrollment	60 participants

## Key Eligibility Criteria

---

### Inclusion (4)

- Adults aged 18 and over with cerebral palsy (CP) residing on the island of Ireland.
- Individuals of any Gross Motor Function Classification System (GMFCS) level.
- Individuals with other associated impairments.
- People with mild-to-moderate intellectual disability who can access the online platform and follow study instructions, with or without support.

### Exclusion (2)

- Individuals with severe intellectual disability where sufficient adaptations cannot be made.
- Adults with unstable medical conditions.

## Locations (1 total)

---

Royal College of Surgeons in Ireland, Dublin, Leinster, Ireland