RESEARCH PAPER

Revolutionizing Advanced Rehabilitation: Modern Approaches for Enhanced Patient Recovery through Physical Therapy: A Comprehensive Review

Pawan Deep[1*], Arpit Kulshreshtha[1], Ratik Sharma[2], Abhishek Singh[3], Shrikant[3], Komal Jain[4], Dharti Savani[5], Sannya Sharma[6]

[1]Assistant Professor, GNA University, Phagwara, Punjab, ORCID: 0009-0009-7146-6776
Email : maan.pawan.pawandeep@gmail.com
[1]Assistant Professor, GNA University, Phagwara, Punjab, ORCID: 0009-0004-5496-905X
Email : arpitkulshreshtha4522@gmail.com
[2]Ph.D. Scholar, Amity University, Noida, Uttar Pradesh,
Email : sharmaratik@gmail.com, ORCID: 0009000146008329
[3]abhilnipe1019@gmail.com, Assistant Professor, Lakshmibai National Institute of Physical Education (NERC), Guwahati, Assam,
Email : abhilnipe1019@gmail.com, ORCID: 0009-0000-9168-3772
[3]Assistant Professor, Lakshmibai National Institute of Physical Education (NERC), Guwahati, Assam,
Email : shrikant10jan@gmail.com, ORCID: 0009-0000-9168-3772
[4]Assistant Professor, Govt. Arts and Sports College, Jalandhar,
Email : drkomaljainsharma@gmail.com , ORCID:0000-0002-7229-4154
[5], Assistant professor, Madhav University, Rajasthan,
Email : savanidhart10@gmail.com., ORCID: 0009-0007-0633-6436
[6], Assistant Professor, Trinity College, Jalandhar,
Email : sannya@trinitycollegejal.com, ORCID: 0009-0003-6603-289X

ABSTRACT
Physical rehabilitation plays crucial role in restoring and enhancing the functional abilities of individuals with physical impairments of disabilities. Over the years, traditional approaches such as exercise therapy and manual techniques have formed the backbone of rehabilitation practices. However, there has been growing interest in exploring inventive and innovative approaches to further improve the outcomes of physical rehabilitation. The main focus of this review article is to provide an overview of the inventive approaches in physical rehabilitation, highlighting their advancements and applications including technology-based solution, physical therapy and hippo therapy etc. These approaches recognize that each patient has unique goals, preferences, and challenges. By incorporating shared decision-making, goal setting and personalized intervention, patient becomes active participant in their own recovery. Novel therapeutic processes explore alternative techniques and interventions that challenge's traditional rehabilitation paradigms. In this review we summarized the different inventive rehabilitation which holds significant promise for improving patient outcome and advancing the field. Adopting patient centered approaches, and exploring novel therapeutic modalities, rehabilitation professionals can optimize treatment strategies and empower patients on their journey to recovery..
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INTRODUCTION

Tissue adaptability refers to the ability of biological tissues to respond to mechanical and biochemical stimuli in ways that enhance functional capacity or promote effective healing following injury. This adaptive property underpins modern physical rehabilitation practices. Evidence-based rehabilitation strategies aimed at restoring function have been well established for nearly the past twenty years [1,2]. However, when injuries are severe particularly those resulting from high-energy orthopedic trauma [3] patients frequently experience persistent functional limitations, secondary complications, associated health disorders, and a noticeable decline in overall quality of life [4]. Findings derived from the Sickness Impact Profile (SIP) [5] indicate that, despite variations in injury mechanisms and recovery timelines, current diagnostic and rehabilitation protocols often fail to adequately account for the precise anatomical location of tissue damage, such as distinguishing between proximal free tendon injuries and lesions involving intramuscular tendons and surrounding muscle fibers [6]. Among the potentially modifiable risk factors identified, the imbalance between eccentric hamstring strength and concentric quadriceps strength is most consistently supported by empirical evidence, alongside fatigue and

**Author for Correspondence: Pawan Deep*

reduced flexibility [6,18]. It is possible for hamstring injuries to develop during slow or quick movements that include knee extension and hip flexion. Before, a person may resume performing at their pre-injury level [8, 9]. Some Hamstring injuries are shown in figure 1.

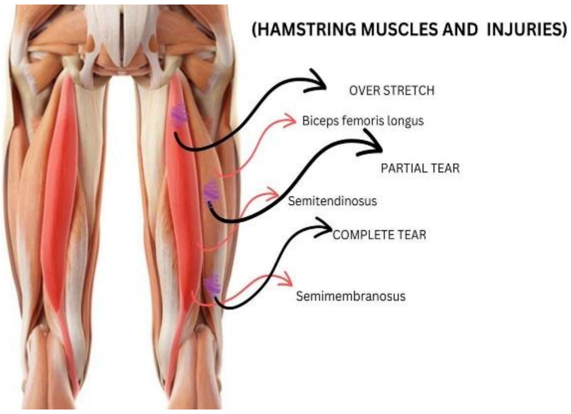

Figure 1: Hamstring Muscle and Injuries.

The distal level of the damage causes an interruption in the spinal cord's ability to conduct its normal activities. SCI leaves individuals with significant disabilities [18]. SCI affects roughly 40 million individuals globally each year. Although 1% of them are children [19], the majority of them are young males. Boys are more prone than girls to have spinal injuries [20]. Globally, spinal cord injuries most commonly result from road traffic collisions, firearm-related trauma, stab injuries, accidental falls, and sports-related incidents. Damage is defined as the body's reactions to the main injury, such as bleeding, inflammation, and the production of several chemicals [19, 20, 21-23]. Spinal cord and related injuries are shown in figure 2.

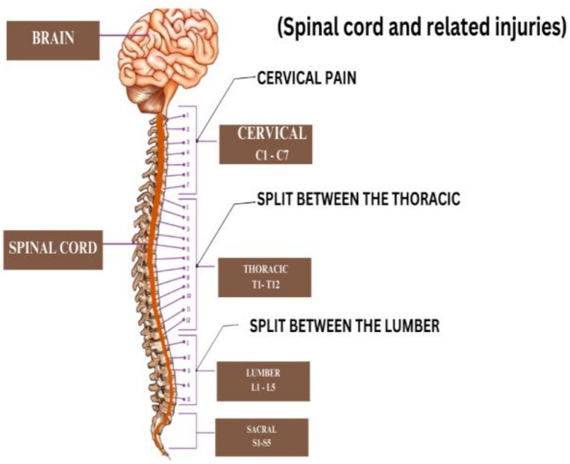

Figure 2: Spinal cord and related injuries.

In young athletes, injuries to the acromioclavicular (AC) joint occur frequently and represent one of the most prevalent shoulder conditions observed in contact sports. These injuries are traditionally classified using the Rockwood system, in which Type I and Type II lesions are generally managed with conservative, non-surgical approaches, whereas Types IV through VI are commonly addressed through surgical intervention. Management of Type III injuries remains controversial, as clinical opinions vary considerably; many clinicians initially prefer conservative treatment and recommend operative management only if patients continue to experience persistent symptoms or functional limitations [24,33].

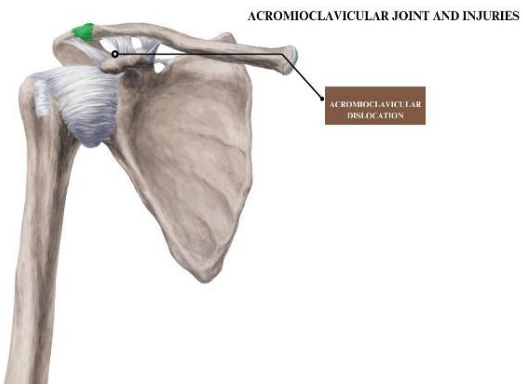

Figure 3: Acromioclavicular joint and injury.

Injuries involving the posterolateral structures of the knee are regarded among the most functionally impairing ligamentous conditions. The outwardly convex configuration of the lateral femoral condyle and lateral tibial plateau creates opposing joint surfaces that can promote instability in individuals with posterolateral knee pathology, even during routine ambulation. This instability arises from the absence of adequate static support from the posterolateral corner at the moment of foot contact, together with the convex geometry of the lateral joint surfaces. One of the most characteristic and disabling gait disturbances associated with this condition is varus thrust, illustrated in Figure4 [34,38].

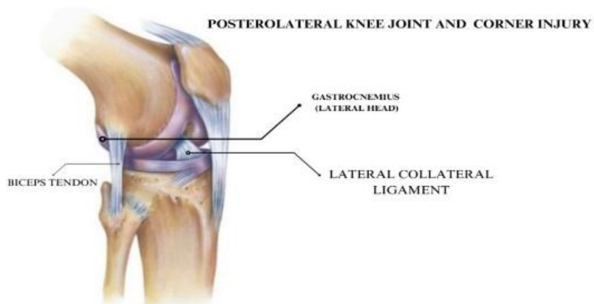

Figure 4: Posterolateral knee joint and corner injury.

2. Inventive Approaches

Since the concept was first proposed by Gene Glass in 1976, meta-analysis has become a widely used methodological approach for quantifying the magnitude of effects across studies. Studies in education, psychology, life sciences, and rehabilitation have increasingly utilized this approach. Nevertheless, because of missing information or random variations (such as repeated significance testing), meta-analyses can sometimes yield misleading positive findings. When the number of available studies is insufficient, certain analyses in stroke rehabilitation may overstate the benefits of therapy. This issue is further intensified by the typically small sample sizes of clinical rehabilitation trials [41,44].

2.1 Cerebral Palsy therapy

There are mainly three methods which are now employed to treat the signs and symptoms of cerebral palsy. A thorough alphabetical list of additional treatments and strategies are follows. Some of them have been studied, while others have not. This is not a comprehensive list, and by including or excluding a certain therapy or treatment, we are neither making a recommendation nor a statement. Rather than being exhaustive, this list is intended to provide a broad overview of commonly used approaches for managing symptoms of cerebral palsy (CP), along with brief information on alternative treatments and techniques that are often discussed or recommended by other parents. It's crucial to bear in mind that some of the mentioned therapies target certain symptoms of one form of cerebral palsy (such spasticity) and may not be suitable for another type. Always seek further advice and information that is pertinent to your situation from your doctor(s) and any professional therapists who treat you or your kid. The child's overall strength and ability in the areas of mobility and gross motor skills are addressed during physical therapy. Exercises for strengthening, range of motion, and balance are among the activities. Improve your coordination and endurance by playing simple ball activities, riding a tricycle, and going outside. Physical therapists commonly work in close coordination with the child’s family and local durable medical equipment providers to identify, procure, and manage adaptive devices that enhance sitting balance, postural alignment, and mobility. Orthotics, activity chairs, car seats, walkers, modified strollers, or wheelchairs are common pieces of equipment. There are several methods for preventing brain damage during pregnancy and delivery that may be found in the literature. According to recent findings, CP's prenatal and perinatal causes have diminished. This is happened as a result of different tactics employed for the early care of newborns. One of the major causes of disease and mortality in newborns is preterm birth, which has a 12% global prevalence. The most important factor in lowering the overall incidence of CP is lowering the risk of early delivery and low birth weight in neonates. Therapeutic hypothermia, also known as controlled cooling, has been shown to be beneficial in cases of brain injury caused by oxygen deprivation. In such situations, this intervention reduces the risk of cerebral palsy in term and late preterm newborns, as illustrated in **Figure 5**. The temperature is reduced by 2°C for 48 hours when treatment is started within 6 hours of delivery. Delayed umbilical cord clamping is an additional intervention for preterm newborns that has been shown to lower the incidence of hemorrhage, necrotizing enterocolitis, transfusion-related anemia, and late-onset sepsis, all of which can adversely influence neurological development. Corticosteroids for the mother are also included in preventive methods during pregnancy in order to hasten the lung maturation in the case of premature newborns. Caffeine treatment for prematurity apnea has also been documented in the literature. Preventive measures at this time can reduce the total incidence of CP as prenatal factors are thought to account for 45% of CP cases. To achieve this, a 2018 study recommended several key interventions, including midwife-led continuity of care models, early identification and management of risk factors, increased zinc supplementation during pregnancy, and the use of cervical cerclage in high-risk mothers [45,50].

Figure 5: Pictorial representation of resistant band in gymnasium

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Physical therapy gives the kid greater physical and mental control over their bodies and paves the way for them to become independent adults.

Cerebral palsy represents the most prevalent form of physical disability in childhood, with an estimated incidence of approximately 2.0-2.5 per 1,000 live births. Although the overall prevalence has remained relatively stable or has increased only marginally over time, the proportion of cases linked to preterm and extremely preterm deliveries has risen consistently since the 1970s. Therefore, it is essential to clearly differentiate confirmed etiological factors of cerebral palsy occurring during the prenatal, perinatal, or postnatal periods from associated risk factors or statistical associations [51]. These risk factors, individually or collectively, may indirectly contribute to the onset of cerebral palsy and are fairly well recognized. Alongside the causes, the potential risk determinants and future research pathways are also thoroughly discussed. Cerebral palsy (CP), the leading severe motor disability of childhood, has often been regarded as a condition confined to young individuals. However, in recent years, deaths among children with CP which were never common have become exceedingly rare, except when the child is seriously ill or has additional impairments. Consequently, the majority of children with CP now survive into adulthood. Although the initial brain injury that causes CP does not worsen over time by definition, its outcomes and manifestations evolve throughout a person's life. Comprehensive, long-term follow-up studies tracking individuals with CP from childhood into adult life through regular detailed evaluations are still lacking, meaning that the ageing process inevitably interacts with motor impairments. This review summarizes current knowledge on the epidemiology of cerebral palsy across the life course, first addressing mortality patterns and life expectancy, and subsequently exploring existing evidence related to functional performance, functional capacity, and quality of life in adults living with CP. In addition, it proposes a conceptual framework to guide future research on cerebral palsy and ageing, grounded in the World Health Organization's International Classification of Functioning, Disability, and Health (ICF), and identifies appropriate assessment tools and methodological approaches to support robust investigation in this area [52].

Over the past quarter century, substantial developments have occurred in the diagnostic criteria, classification systems, and rehabilitation approaches related to cerebral palsy (CP). CP is defined as a neurodevelopmental disorder primarily affecting movement and postural control, resulting in activity limitations and frequently accompanied by impairments in sensation, perception, cognition, communication, and behavior. The condition originates from non-progressive disturbances in the developing fetal or neonatal brain. Deficits in motor functions such as reaching, grasping, and ambulation arise from a combination of neuromuscular factors, including spasticity, dyskinetic movements, heightened reflex activity, abnormal co-contraction of opposing muscle groups, persistence of primitive reflexes, secondary musculoskeletal alterations, muscle weakness, and impaired motor planning. Reduced muscle strength and flexibility (hypo-extensibility) occur because of altered mechanical loading, hormonal influences, and inadequate motor unit recruitment. The introduction of reliable outcome measures, especially the Gross Motor Function Measure (GMFM), has enabled monitoring of progress and evaluation of clinical interventions. In addition, early identification of cerebral palsy is supported by assessment tools such as the General Movements Assessment and the Test of Infant Motor Performance. Functional severity is systematically categorized using the Gross Motor Function Classification System and the Manual Ability Classification System, while the Gross Motor Function Measure (GMFM) has further contributed to the creation of predictive trajectories for motor development. As rehabilitation has transitioned toward a task-focused approach, its objectives have expanded beyond impairment correction to the promotion of functional performance across daily activities, with a strong emphasis on physical fitness, autonomy, participation, and overall quality of life. A growing body of evidence now supports the effectiveness of targeted therapeutic interventions, alongside increasing acknowledgment of the importance of ongoing care and social integration for adults living with cerebral palsy [53].

2.2 Hippo therapy

According to HHRF (2011), a qualified practitioner in the United States refers to a licensed therapist or therapy aide who is enrolled with the AHA after completing the required coursework and fulfilling the mandated number of clinical hours in a hippotherapy setting. Furthermore, as per AHA (2017), a hippotherapy clinical specialist (HPCS) is defined as a "certified physical therapist, occupational therapist, or speech-language pathologist who has shown proficiency as presented in figure-6." The American Hippotherapy Certification Board (AHCB), which functions as the regulatory body of the AHA, is responsible for conducting certification examinations and maintaining the record of outcomes [54,55].

Figure 6: Pictorial representation of hippo therapy.

Although hippotherapy did not result in a statistically significant improvement in functional mobility ($p = 0.063$), it was associated with significant gains in balance and lower-limb muscle strength ($p = 0.003$ and 0.032, respectively) [56]. The American Hippotherapy Association (AHA) differentiates between equine-assisted activities (EAA) and equine-assisted therapy (EAT) as distinct categories, whereas the term equine-assisted activities and therapies (EAAT) is used to collectively describe both. In a study by Shurtleff, Standeven, and Engsberg (2009), participants in the intervention group engaged in 45-minute horseback riding sessions once per week for 12 weeks. Upper-extremity functional reach was assessed using video recordings, positional markers, and precise measurements of distances between objects in each frame. Additionally, dynamic stability defined as the ability to maintain head and trunk alignment while the pelvis is in motion was evaluated across 19 recorded sessions [57].

2.3. Constraint Induced Movement Therapy

The original constraint-induced movement therapy (CIMT) consists of three primary treatment components: (1) intensive, progressively challenging practice of the affected upper limb to improve task-specific skills—referred to as shaping—which can last up to six hours per day over a two-week period, as illustrated in Figure 7; (2) restriction or functional use (FU) of the unaffected upper limb, typically via a mitt, to promote use of the more impaired limb for approximately 90% of waking hours; and (3) behavioral strategies designed to enhance adherence and ensure patient compliance. Consequently, CIMT applies operant conditioning techniques within rehabilitation medicine, whereas FU does not involve conditioning principles. Since its introduction, Edward Taube and associates have reported the earliest evidence supporting the original CIMT concept in nine individuals with chronic stroke. While the fundamental principles of the original constraint-induced movement therapy (CIMT) are preserved, later adaptations often incorporate distributed practice with shorter daily sessions, less time restraining the unaffected limb, and the removal of the original transfer package, which included a formal patient agreement, while increasing the total number of therapy days. For modified CIMT (m-CIMT), session durations typically range from 30 minutes to six hours per day, administered two to seven times per week, over a period of two to twelve weeks [59,115].

Figure 7: Pictorial representation of Constraint Induced Movement Therapy.

A comprehensive systematic review and meta-analysis, which included 41 randomized controlled trials, 16 literature reviews, and 2 clinical guidelines, evaluated the impact of constraint-induced movement therapy on upper limb function in children with cerebral palsy [116]. Additionally, a randomized crossover study was conducted with 18 children affected by hemiparesis to examine an innovative pediatric rehabilitation approach. Pediatric constraint-induced treatment resulted in improvements that were noticeably higher than those from traditional rehabilitation services [117]. A randomized controlled trial (RCT) investigated the effectiveness of bimanual therapy compared with constraint-induced movement therapy in improving upper limb motor function in children with hemiplegic cerebral palsy [118].

2.4 Voice guided Wheel chair

The opportunity to create intelligent wheelchair assistive technology that can enhance the lives of many individuals who use wheelchairs is presented by recent advances in engineering. The wheelchair may then be directed by speech to any previously stated place (for example, "Take me to the cafeteria"). This technique is suitable for those who still speak but have lost movement as a result of a brain injury or limb loss. The system can enhance safety for users of standard joystick-controlled powered wheelchairs by preventing collisions with walls, stationary objects, furniture, and other individuals. We think that tens of thousands of users' safety and quality of life might be enhanced by voice-command able wheelchairs. In addition, significant health benefits and financial savings might result from the decrease or elimination of collision-related injuries such wounds and broken limbs [119-122**].**

Figure 8: Pictorial representation of Voice guided Wheel chair with its fitches.

In this study, the researcher looked at a voice-activated wheelchair. Many persons with disabilities who are unable to use their hands or legs rely on others to help them get from one location to another; nevertheless, this wheelchair will let them move using voice commands and will make them autonomous. Additionally, a camera attached on the wheelchair will monitor for obstructions and cause the wheelchair to stop automatically in such situation [123]. Autonomous wheelchairs are crucial for improving mobility and independence in individuals with disabilities. Advances in computing and wireless communication have enabled the development of intelligent wheelchairs tailored to the specific requirements of users. This study presents the concept and design of a voice-controlled electric wheelchair, which employs speech recognition algorithms to interpret and classify user commands for navigation. For tracking and supervisory purposes, the wheelchair operates as a node within a wireless sensor network [124]. The simulations and actual tests show how the mechatronics and soft computing technologies have been integrated to improve the implemented wheelchair's sophistication and mobility. The degree of the impairment can determine whether a person uses a wheelchair independently. By employing voice commands to steer the wheelchair, this study intends to offer a solution to this issue and do away with the reliance on a third party [125]. The majority of inpatient and outpatient PT facilities only come into contact with a Parkinson's patient after a string of falls, many of which have severe emotional and physical repercussions. The **Biodex Gait Trainer 3** looks similar to a conventional treadmill, but it differs in certain significant features that emphasize its specialized rehabilitation purpose for individuals with neurological impairments. These include an instrumented surface that delivers precise documentation along with auditory and visual biofeedback. An example of neural plasticity is seen in the improvement of walking ability in individuals with stroke or spinal cord injury through partial body-weight–supported treadmill training. This rapidly advancing therapeutic approach is based on two key findings. First, the spinal cord in vertebrates, including humans, contains neural networks that generate locomotor patterns, which can be activated via stimulation from supraspinal, suprasegmental, or segmental levels, or even through intrathecal pharmacological interventions.

Figure 9: Pictorial representation of body weight supported treadmill along with parts.

Therefore, the brain does not need to constantly regulate specific muscles to activate the locomotor circuitry. This enhanced locomotion in human trials months or even years after training was stopped. Body Weight Supported Treadmill Training (BWSTT), an exoskeleton-assisted therapeutic exercise for gait function, has been identified as a promising intervention this scoping review's main objective was to assess the efficacy of exoskeleton-assisted BWSTT in chronic stroke patients. Recapitulating intervention techniques, BWSTT exoskeletal robotic device kinds, and function were the secondary goals [127]. Relative to other rehabilitation approaches, body weight-supported treadmill training (BWSTT) has demonstrated inconsistent outcomes [128].

2.5 Isokinetic Training

A stationary cycle designed for isokinetic workouts functions similarly to figure-10, reacting to the user's continuous pedaling motions. It is anticipated that future fitness regimens may include more activities specifically tailored for individuals, utilizing adaptive training methods to condition their muscles for a variety of sports and recreational pursuits [130–131]. Isokinetic exercise influenced both the force output and the rate of velocity development (RVD). Knee extension rate of velocity development (RVD) and force were measured in three groups before and after the intervention using a Kin-Com dynamometer at slow (1.04 rad·s^{-1}) and fast (4.18 rad·s^{-1}) velocities. Participants in the slow and fast training groups completed two sessions focused on their respective velocity conditions, whereas the control group did not perform any training. A four-way ANOVA revealed a significant reduction in RVD ($p < 0.05$) from pre- to post-testing for the slow group at the slow velocity (1.25 ± 0.04° vs. 1.08 ± 0.03°) and for the fast group at the fast velocity (14.24 ± 0.33° vs. 13.59 ± 0.29°). No notable variations in force were observed between testing days for any of the groups. These outcomes highlight a velocity-specific improvement in RVD achieved through brief isokinetic training [132].

Figure 10: Pictorial representation of stationary bike.

The precise mechanism by which multi-joint isokinetic resistance training contributes to improvements in dynamic exercise performance is still not fully understood. This study was designed to examine the degree to which such training develops isokinetic strength, dynamic one-repetition maximum (1RM) capacity, and localized muscular endurance over a 6-week duration. Seventeen female participants were randomly assigned to either an isokinetic resistance training group (IRT) or a control group (CTL), which did not engage in any structured exercise program. The IRT subjects carried out isokinetic chest press and seated row movements twice weekly for six weeks at an average linear speed of 0.15 m·s^{-1}, including a 3-second concentric (CON) and a 3-second eccentric (ECC) action. Each session comprised 6–10 repetitions performed at 75–85% of each individual's peak force [132]. Assessments conducted before and after the training program included the maximum number of modified push-ups, one-repetition maximum (1RM) for both bench press and bent-over row, as well as peak concentric (CON) and eccentric (ECC) forces measured during the chest press and row exercises. Noteworthy increases in peak isokinetic CON and ECC forces were found in the IRT group for both exercises, whereas no significant alterations were recorded in the CTL group. The results indicate that a six-week regimen of multi-joint isokinetic resistance training can improve targeted isokinetic strength, dynamic muscular power, and local muscular endurance in women [133].

Furthermore, this research, partly supported by The Foundation for Physical Therapy, Inc., explored the associations between three athletic performance indicators in male college athletes and quadriceps as well as hamstring forces measured under isometric, isotonic, and isokinetic concentric and eccentric contractions. For each contraction type concentric, eccentric, isotonic, and isometric (at knee joint angles of 30° and 60°) bilateral torques of the quadriceps and hamstrings were recorded (N = 39) using a Kin-Com® dynamometer. Athletic ability was evaluated through the 40-yard dash, agility drill, and vertical jump assessments. The most significant predictor of 40-yard dash performance was identified as the peak concentric strength of the right hamstring measured isokinetically at 60°/s ($R = 0.57$; $p < 0.05$). In contrast, agility test outcomes were most strongly associated with the mean eccentric force of the left hamstring at 90°/s ($R = 0.58$; $p < 0.05$). No meaningful relationships were found between quadriceps or hamstring strength measures and vertical jump performance. These results suggest that while isokinetic eccentric strength of the quadriceps and hamstrings may not consistently provide superior predictive value for overall athletic performance, they could play a more critical role in specific performance tasks [135].

3. Systematic review

(Kwon et al.**,** 2015) described that "Level of Evidence: I Study Design: Randomized control trial Participants: N = 92 children aged 4-10 years old with cerebral palsy**.** Hippotherapy sessions in this study were delivered by a licensed physical therapist who had received formal training and certification from the American Hippotherapy Association (AHA). Outcome measures included the Gross Motor Function Measure–88 (GMFM-88), Gross Motor Function Measure–66 (GMFM-66), and the Pediatric Balance Scale (PBS). The findings demonstrated that hippotherapy had a positive effect on gross motor performance and balance in children [144]. **"**Level of Evidence: I Study Design: Pretest/post-test Participants: N = 47 total completed all testing, N = 25 randomized to the horse group and N = 22 to the barrel group. N = 6 children with spastic CP**.** A horse handler led the horse on a designated circular track at a steady walk for 10 minutes, 5 minutes in each direction. The PT and side walker walked alongside the horse for security only and not postural support. Surface electromyography Phase Adductor muscle activity using surface electromyography Gross Motor Function Measure-66**.** Significant improvement in adductor muscle asymmetry after hippotherapy intervention and the effects of barrel sitting were not significant**"** examined that **(**McGibbon, Benda, Duncan, & Silkwood Sherer 2009) [145]**. (**El-Meniawy & Thabet 2012) revealed that **"**Level of Evidence: I Study Design: Randomized control trial Participants: N=30 children with spastic diplegia**.** The exercise program included stretching exercises, strengthening exercises, postural facilitation, and gait training for 13 weeks**.** For-metric instrument system - measured lateral deviation of the spine from midline, trunk imbalance, pelvic tilt, and surface rotation. No significant difference**"** [146]. **"**Level of Evidence: II Study Design: Cohort Participants: N = 19, N = 11 children with spastic diplegia cerebral palsy, N = 8 children with no disability**.** The group of 8 children with no disability did not participate in intervention, but engaged in testing to provide normative data prior to the 11 children with CP participating in hippo-therapy sessions. Therapy time-45 minutes, once per week for 12 weeks. Video Motion Capture (VMC) system- This video motion capture software was utilized to generate an image in which was able to be rotated in all planes to observe movement from various viewpoints. A significant change in head and trunk stability, reaching, and targeting after 12 weeks of hippo-therapy intervention**"**. reviled that **(**Shurtleff, Standeven, & Engsberg**,** 2009) [147]**. (**Antunes et al. 2016) explained that **"**Level of Evidence: II Study Design: Feasibility of a crossover trial Participants: N = 10 children age 5-25 with BS-CP and an age matched group N = 10 healthy children**.** Interventions focused on exploring effects of a hippo-therapy protocol for children with bilateral spastic cerebral palsy (BSCP). Modified Ashworth Scale (MAS) Gross Motor Function Classification System (GMFCS) Wireless inertial sensing device Free4Act system. the basic Spatio-temporal gait parameters of children with BS-CP, all at a statistically significant level**"** [149]. **"**Level of Evidence: II Study Design: Prospective cohort study Participants: N = 19 healthy adolescents with an intellectual disability (ID). Mean age was 15.3 years. The experimental group followed a 30-minute hippotherapy protocol, two times a week for 10 weeks. EPS pressure platform Balance AMTI force platform strength Double-Leg Stance (DLS) - Balance One-Leg Stance (OLS)-Balance**.** Results show the increased and balance for clients with an ID**"** examined that **(**Giagazoglou et. **Al,** 2012**),** [150]. **(**Parkwood Rha et. al 2013) described that **"**Level of Evidence: II Study Design: Cohort Participants: N = 34 children age 3–12 years who have spastic CP. 21 additional children with CP were recruited as a control group. Hippo-therapy sessions were led by an AHA certified occupational therapist. The sessions occurred for 45- minutes, two times per week for 8 weeks. GMFM - Measures capacity for gross motor function. The Pediatric Evaluation of Disability Inventory Functional Skills Scale (PEDI-FSS)**.** Greater improvements in PEDI scores observed suggest that hippo-therapy helps children to engage more meaningfully in the functional activities of daily life**"** [151]. **"**Level of Evidence: III Study Design: Prospective quasi experimental ABA design study Participants: N = 13 children age 4-12 years old with cerebral palsy classified level 1 or 2 by the gross motor function classification system. The sessions were conducted by an occupational therapist with 10 years hippo-therapy experience. The children received 30-minute hippo-therapy session once a week for 10 weeks. Bruin inks–Ossietzky Test of Motor Proficiency – Short Form (BOT2-SF) Gross Motor Function Measure (GMFM-88). Significant evidence that supports the benefits of hippotherapy on gross motor function and suggests that hippo-therapy can impact fine motor function for children at GMFCS levels I and II. (walking, running & jumping) of the GMFM-88 improved significantly after the intervention phase" explained that (Champagne, et. al 2016), [152]. (Sunwoo, et al., 2012) investigated that "Level of Evidence: III Study Design: Pre/posttest Participants: N = 8 males with chronic brain disorder, mean age of 42.4 +/- 16.6 years old 5 participants were diagnosed with a stroke, 2 had been diagnosed traumatic brain disorder, and 1 had a diagnosis of cerebral palsy. Intervention was performed twice per week for 8 weeks in an indoor arena, for a total of 16 sessions. Each session was 30 minutes. Berg Balance Scale (BBS) Tinetti Performance Oriented Mobility Assessment 10 Meter Walking Test Functional Ambulatory Category Korean Beck Depression Inventory Hamilton Depression Rating Scale. No significant difference was observed during two baseline assessments conducted before commencement of therapy" [153]. "Level of Evidence: III Study Design: Pre/post-test Participants: N = 15 children with CP, from 5 - 10 years of age. Sessions were led by a physical therapist, and each session began with 5 minutes of stretching. Berg Balance Scale (BBS) Pediatric Evaluation of Disability Inventory (PEDI). Dynamic balance was assessed with the BBS, with significantly improved outcomes at the completion of 24" revealed that (Moraes et. Al 2016) [154]. (Erdman & Pierce 2016) demonstrated that "Level of Evidence: V Study Design: Case study Participants: N = 1 male 13-year-old with traumatic brain injury. The subject participated in 12, 45-minute hippo-therapy sessions with a physical therapist over a 13-week period. Pediatric Balance Scale (PBS) Dynamic Gait Index (DGI) Gross Motor Function Measure (GMFM) Self-Selected Gait Speed. Improvements were noted in balance, strength; gross motor skills, gait speed, functional mobility, and reported participation" [155].

4. CONCLUSION

In conclusion, the domain of physical rehabilitation has witnessed extraordinary progress through innovative strategies that have transformed the way we address injuries and conditions such as cerebral palsy. From equine-assisted therapy (hippotherapy) to constraint-induced movement therapy, from voice-controlled wheelchairs to isokinetic training systems, these modern interventions have greatly enhanced both the efficiency and impact of rehabilitation programs. The inclusion of hippotherapy, which utilizes therapeutic horseback riding, has shown profound clinical benefits for individuals with physical impairments. The natural and rhythmic motion of horses delivers continuous sensory stimulation, which in turn improves postural control, coordination, and muscular strength. Similarly, the advent of voice-operated wheelchairs has broadened the horizons for individuals with motor dysfunctions, ensuring greater independence, mobility, and overall autonomy in daily life. Furthermore, isokinetic training, by creating a controlled and measurable exercise environment, guarantees maximum effort with precise muscle engagement. This method has emerged as an essential component of rehabilitation practice, facilitating the recovery of muscular strength, enhancing joint stability, and accelerating functional outcomes. Collectively, these forward-looking approaches in physical rehabilitation have ushered in a new era of opportunities, offering hope, empowerment, and tangible improvements to individuals who once encountered overwhelming challenges. By adopting and refining such innovative practices, the field of rehabilitation can continue to expand its potential, enabling individuals not only to restore lost functions but also to surpass previous limitations. Ultimately, through the fusion of advanced technology, creative methodologies, and a persistent dedication to evolving therapeutic frameworks, we can shape a future where every individual is given the opportunity to attain their highest level of physical capability and overall well-being.

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