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Saving the CP Hip: Why Early Surveillance and Integrated Care Matter

Cerebral palsy (CP) results from a static brain injury, but musculoskeletal manifestations are progressive and driven by growth. Without systematic surveillance and multidisciplinary coordination, deformity and functional decline may go unrecognized until higher-risk interventions are required.

Why Surveillance Matters

- Predictable musculoskeletal trajectories
- Risk correlates with GMFCS level
- Growth and Tone are key drivers of progression
- Early detection enables lower-morbidity intervention

Hip Surveillance: A Proven Model

Hip surveillance programs have reduced dislocation rates, increased success of early interventions, and decreased the need for salvage surgery by using longitudinal, team-based monitoring.

Why Multidisciplinary Care Is Essential

Effective surveillance depends on shared ownership across orthopaedics, PM&R, PT/OT, neurology, neurosurgery, primary care, palliative/complex care and families. Integration improves timing, coordination, and outcomes.

Key Take-Home Messages

- CP musculoskeletal disease is progressive
- Growth is the highest-risk period
- Surveillance works when it is early and coordinated
- Multidisciplinary care preserves function and reduces morbidity