

WHAT ARE GENERAL MOVEMENTS (GMs)?

Infants have innate and distinct spontaneous “general movements” from before birth through to 20 weeks post-term. These distinct movement patterns are indicative of brain and neuronal integrity that, when absent or abnormal, can be highly predictive of cerebral palsy and other movement disorders.

TWO DISTINCT STAGES OF GMs

Writhing Movements

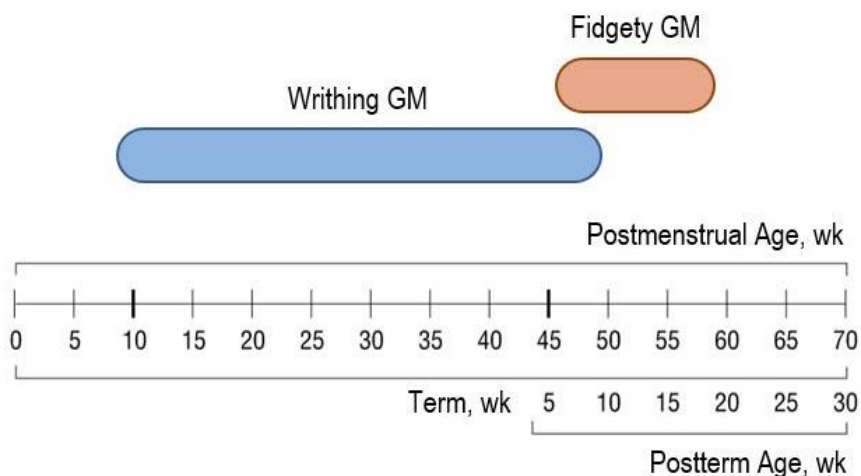
Begins during the 1st trimester and continues until 5 weeks post-term. GMs involve the entire body:

- In a variable sequence of neck, arm, trunk, and leg
- They wax and wane
- Vary in intensity, speed, and range of motion
- Have a gradual onset and end

Fidgety Movements

At 6-9 weeks post-term age, writhing movements gradually disappear and give rise to a fidgety characteristic:

- Tiny movements of the neck, trunk, and limbs
- Moving in all directions
- Variable acceleration



BENEFITS OF THE GMA

It is a non-invasive clinical assessment that may give information on how your baby’s neurological system is developing if there were medical concerns at birth. Intervention can start very early, capitalizing on an infant’s neuroplasticity, with potentially better outcomes if an infant is diagnosed early.

How the assessment is performed?

- When infants are awake, calm, and alert or in active sleep
- Lying in a supine position
- Must not have any limbs covered by clothing
- No distractions while filming
- Keep beside clear of objects
- Nothing in the mouth
- Film a short 1-3 minute video

Example of Proper Positioning



If you have any questions or concerns, please reach out to our medical team

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