



The effects of functional training on balance and gait Mentally Retarded children 9 to 13 years

Oral Presentation

1Mahtab Norouzi asl khiyabani * ; 2Farhad Mazloumpour; 3Davood Jafari Novin

¹Department of Sports pathology and corrective movements, Faculty of Physical Education, Boroujerd Branch of Azad University, Boroujerd, Iran(m.norouzi.sport66@gmail.com)

²Department of Sports pathology and corrective movements, University of Kharazmi, Tehran, Iran

³Department of Motor Behavior, Faculty of Physical Education, University of Tabriz, Tabriz, Iran

Abstract

Introduction: Mental retardation is a complex disability. Reported limitations in the mobility of persons with an intellectual disability are more due to the high prevalence of gait and balance problems in these individuals. **Methods:** In a quasi-experimental study, 40 mentally disabled children with IQs between 50 and 70 were randomly assigned to the experimental and control groups with an average age of 12 ± 1.1 years and a mean age of 10.98 ± 2.2 splits. Subjects' Berg performance balance Scale and the ability to gait with scale Tinetti before and after six weeks and at the end of the training period (12 weeks, three times a week) were measured. After securing the Kolmogorov-Smirnov test of normal distribution of data, an independent t-test for the difference between the two experimental groups and one control group and the paired t-test (pre-test and post-test) at significance level ($p \leq 0/05$) spss19 were analyzed with the software.

Results: The independent t-tests before the test results show no significant difference in balance and ability to walk between the experimental and control groups ($p > 0.05$). However, there were significant differences in balance and ability to walk after testing the experimental and control groups there ($p = 0.43$). Also, the Paired t-test results showed that the experimental group measured balance in the first six weeks after the training had a significant increase ($p < 0.001$). The ability to gait (scale Tinetti) was also observed that 12 weeks is effective ($p = 0.33$), so that the second six weeks, further enhancing the Tinetti rating scale, was compared with the first six weeks.

Conclusion: The performance training can balance and walkway to effectively improve mentally disabled children and children with intellectual disabilities have an important role in life

Keywords

Balance; gait; performance training; Mentally retarded children

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