

Sports Medicine and Fitness

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The effect of physical activity program for improving functional level of children with developmental coordination disorder

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Children with developmental coordination disorder (DCD) have motor coordination impairments and their motor abilities are substantially below their age and intelligence levels. Their motor difficulties negatively influence their tendency to participate in out-of-school activities, therefore they becoming frustrated and isolated and at risk of being overweight or obese. These children need early physiotherapy intervention in order to prevent deterioration of their conditions, maintain their functional level, reduce their activities limitations, and improve their participation in their communities. A 9 years old boy was referred to DCD clinic for evaluation. He has activities limitations and participation restrictions at school and at home due to low motor abilities. His low motor competence was negatively affecting his self-esteem and preventing him from actively communicating with his peers. Diagnostic assessment was done. Based on the DSM-V criteria, DCD diagnosis was confirmed. Physiotherapy program was established and aimed to improve body structures and functional impairments and reduce the limitations of his activities in daily life in order to increase his participation in his community. Physical activities program was also designed to be done at home. Furthermore, report of his condition was sent to the school including advices for teachers to do with him in the classroom. After 6 months of treatment in the clinic, home, and school, he gained improvement in the MABC-2 and in the functional level at home and at school. His self-esteem was improved and he became more confident in the classroom and in the street.

Biography

Suad Alanzi has completed her PhD in 2011 from Curtin University and Post-doctoral studies from different institutes. She is the Founder of Developmental Coordination Disorder Clinic in Kuwait, a Sub-coordinator of CP clinic in Sabah hospital, and Head of Risk Analysis Committee and active member of Risk Management Committee. She has presented more than 15 papers in international conferences and has been serving as a reviewer member of journals and conferences. Furthermore, she conducted several Post-graduate workshops in the field of pediatric, evidence-based practice, and ICF model at national and international levels.

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