

A THERAPEUTIC BALANCE CAMP IN CHILDREN WITH DCD – FEASIBILITY OF AN INTERVENTION PROTOCOL

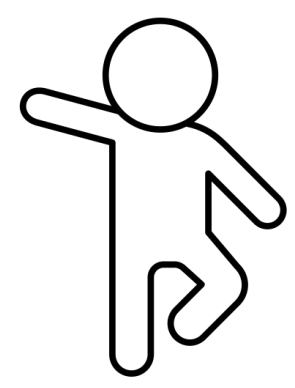
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Background

Developmental **C**oordination **D**isorder

Difficulties acquiring motor skills (gross+fine)

5-6 % all school aged children



Up to 87% experiences balance control problems

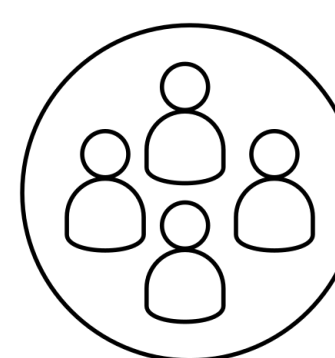
→ Limiting participation & ADL



Therapy aiming to improve balance = heterogeneous



Effect of therapy unclear on control mechanisms (muscle & brain)



Intensive therapy was proven successful in other populations, no studies in children with DCD

Methodology

Participants

- 12 children (9M/3F; mean 9,41y)

Therapy

- 5 days, 35 hours
- 1:1 ratio therapist-participant
- 6 functional therapy categories (Fig. 1)

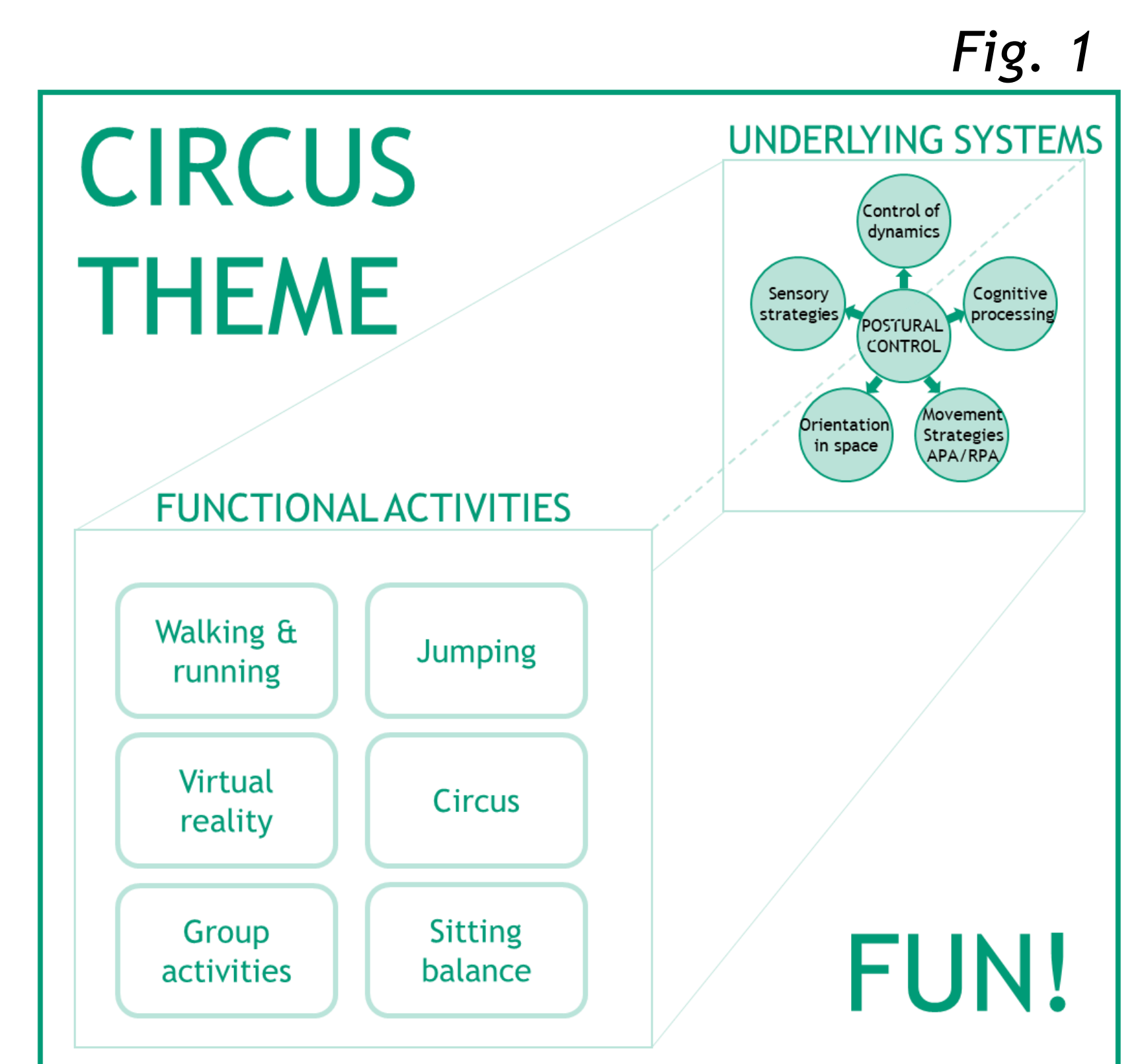


Fig. 1

RESEARCH QUESTION:

To investigate the feasibility and effectiveness of an intensive, comprehensive balance training camp on balance control in children with DCD

CONCLUSION & CLINICAL RELEVANCE

- An intensive balance therapy camp is feasible, experienced as FUN and improves balance!
- Stepping stone towards further research

Outcome measures

- Balance → Kids-BESTest
- Feasibility & enjoyment → Enjoyment scales (VAS) + qualitative interview

Results

- Kids-BESTest score improved significantly: dom VI & total score (Fig. 2)
- All therapy categories were experienced as fun! (Fig. 3)
- Improvement motor & socio-affective (Fig. 4)

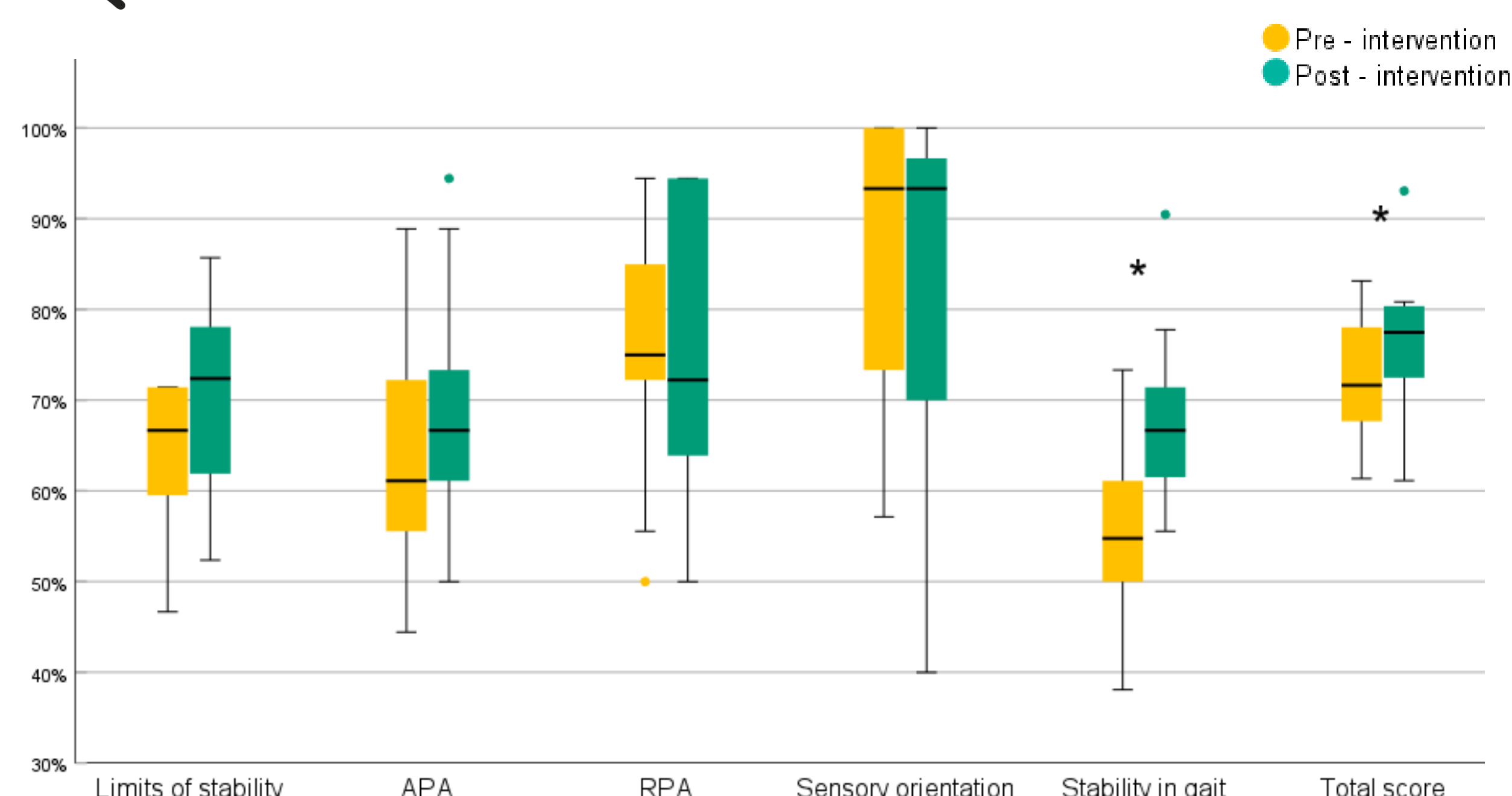


Fig. 2

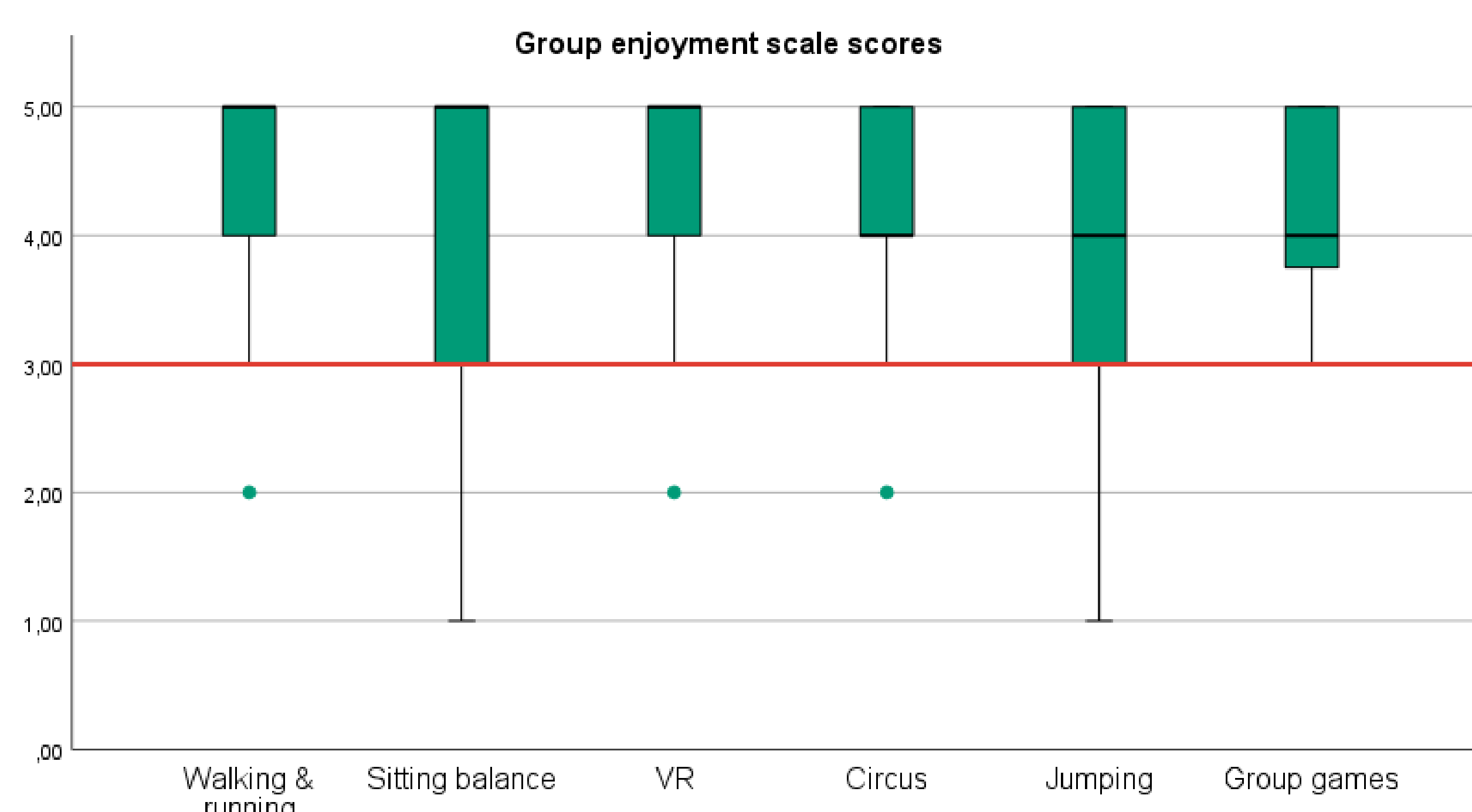


Fig. 3

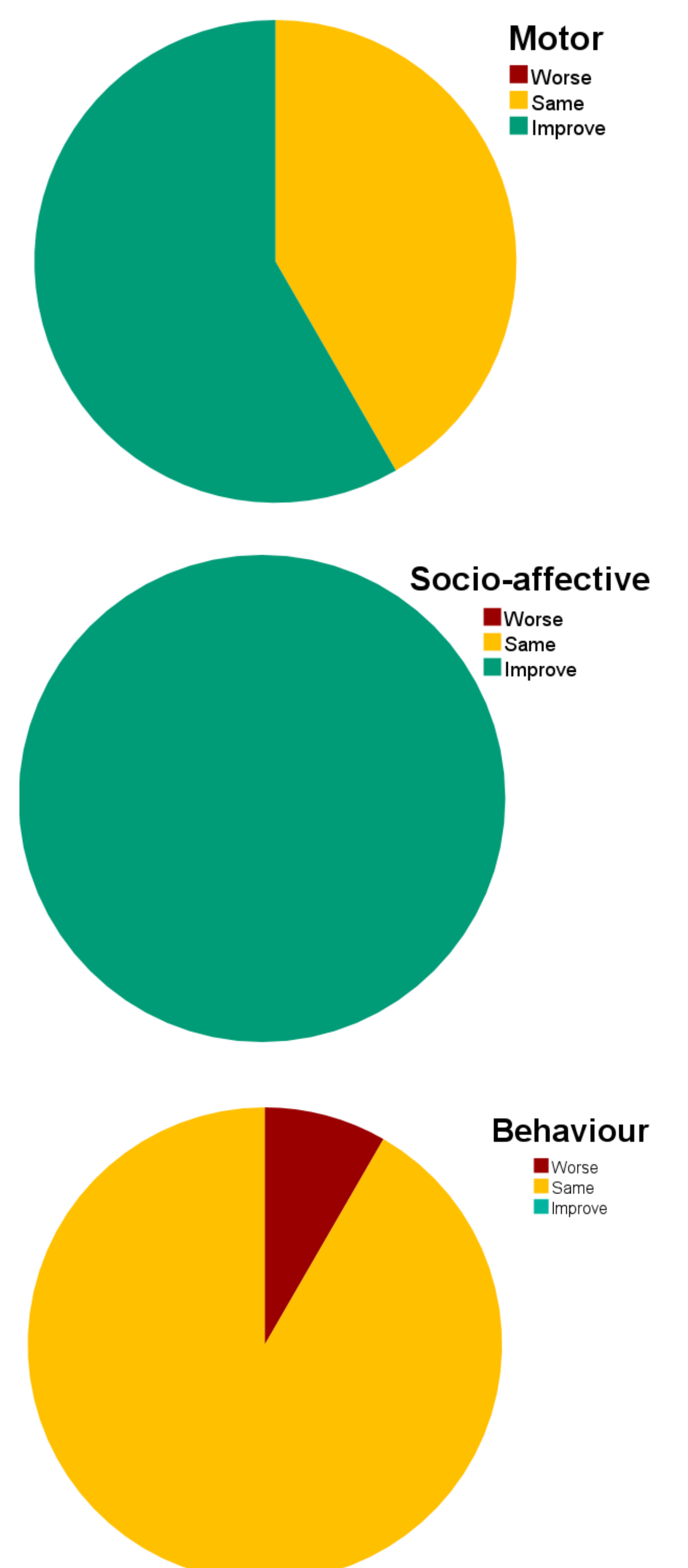


Fig. 4



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