

## EFFECT OF ADAPTIVE SKILLS TRAINING ON MOTOR DEVELOPMENT OF CHILDREN WITH DOWN SYNDROME

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### ABSTRACT

**Objective:** Effect of adaptive skills training on motor development of children with down syndrome.

**Methodology:** Total 30 symptomatic patients either sex age between 2-9 years were recruited from an out patient rehabilitation department of Santosh Medical College and Hospital, Ghaziabad, Uttar Pradesh (U.P.), India. The subjects were randomized equally in two groups and treated with motor training (control group) or and motor training along with adaptive skills training (experimental group). Down syndrome was assessed on VSMS (Vineland Social Maturity Scale). The effects of treatments on motor development were assessed by GMFM (Gross Motor Function Measure) scale. The GMFM scores were assessed at pre and 6 month post treatment and statistically by paired t test and Student' independent t test.

**Result:** Both groups showed significant ( $p < 0.001$ ) improvement in motor development after the treatment. However, the improvement in motor development of experimental group was found significantly ( $p < 0.001$ ) higher (74.5%) than the control group.

**Conclusion:** Adaptive skills based motor training therapy was effective in improving gross motor function of children with down syndrome.

**KEYWORDS:** GMFM, VSMS, Down Syndrome

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