

Comparison Of Efficiency Of Early Term Physiotherapy Approach In Babies With Down Syndrome: Bobath Versus Vojta

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Introduction: Down syndrome is a genetic disorder that causes generalized disability in motor function, language, and cognitive skills. Severe motor disability is reported, especially in the first few years of life. Different physiotherapy approaches and educational programs are applied to minimize motor and intellectual disability. This study was planned to compare the efficacy of two different physiotherapy approaches that started early in infants with Down syndrome.

Patients And Method: Twenty-three infants with Down syndrome (group 1: n=12, group 2: n=11) with an age range of 0–24 months were included in the study. Infants were divided randomly into two groups: group 1 included 12 infants (6 females, 6 males) for Bobath therapy and group 2 included 11 infants (4 females, 7 males) for the Vojta approach. Two sessions per week for 6 weeks, a total of 12 sessions of physiotherapy were applied to the groups. Alberta Infant Motor Scale (AIMS) was used to determine the motor development level of infants, before and after treatment. AIMS is a scale that determines the motor skills and performance achieved in prone, supine, sitting, and standing positions.

Results: The mean age of group 1 is 13.50±7.22 months and 10.77±7.40 months for group 2. Before treatment, mean AIMS score was 31.83±12.94 in group 1 and 30.72±18.04 for group 2. After treatment, mean AIMS score was 40.16±12.20 for group 1, and 38±17.66 for group 2. Both Bobath (p=0.002) and Vojta groups (p=0.002) had significant improvement. There was no statistically significant difference between groups when comparing the changes in AIMS scores (p=0.629).

Conclusion: It has been determined that both early (Bobath and Vojta) therapies in Down syndrome affect infants motor development positively.