Effectiveness of Physiotherapy Techniques in Children with Attention Deficit Disorder/Hyperactivity


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Abstract

Introduction: The Attention Deficit Disorder constitutes a complex behavioral disorder that takes the child to variable degrees of commitment in social, emotional, educational and family life. This disorder is characterized by motor, perceptual, cognitive and behavioral disorders, expressing global difficulties of child development. There is a shortage of physiotherapy work in the area of psychiatry. Some studies conclude that body techniques have much to contribute in mental health care and stresses that physiotherapy must take its place within the new perspectives in mental health care. Thereby, it emerged the concern to assess the importance of physical therapy techniques in children with Attention Deficit Disorder/Hyperactivity Disorder - ADHD.

Objective: This study aimed to evaluate the effectiveness of physical therapy techniques in children with Attention Deficit Disorder/Hyperactivity Disorder.

Methods: The study, from the point of view of its nature, framed in a double blind study with a quantitative approach. The sample consisted of two groups with a total of 10 children, aged from 7 to 11 years. It was composed five children the 1st control group (held 20 sessions of psychology and educational psychology) and the 2nd therapeutic Group (held 20 sessions of psychology, educational psychology and physiotherapy).

Results: The scores of SNAP-VI questionnaire, applied to the mothers of children by a psychologist in before and after the therapies are going on a score from 0 to 18, where this means maximum of ADHD. It was observed that the control group had improvement in 02 patients (40%), but the therapeutic group had control of ADHD in 05 patients (100%).

Conclusions: With this study, we can see the importance of the implementation of physical therapy in mental health, as well as the interdisciplinary work. It is proposed, then, further studies in the area of physical therapy, once there is a scarce literature.