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Effect of games in improving the vestibular senses among the pre-school children with Autism Spectrum Disorder.

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Autism Spectrum Disorder (ASD) is a dyad condition characteristic with impairment in Communication, Socialization and associate with unusual behaviours. They also have the problems of over sensitivity or hyposensitivity in their senses which leads to sensory integration dysfunctions. Children with sensory modulation disorder can often appear over-responsive to certain sensory stimuli, making them fearful of movement or resistant to touch. The vestibular system provides information about movement and gravity. Kids with autism who spin or bounce are usually trying to stimulate their vestibular system, or their inner ear. Any movement activity will engage the vestibular system, and vestibular activities can be both stimulating for the under-responsive child and calming for the over-responsive or sensory seeking child. The sense also tells about the body motion, its direction and speed. They sense the changes in the gravity and movement. The Vestibular Sense is crucial for a child's development – helping them work rest and play. A typically responsive vestibular system enables a child to feel secure and confident in their body, so they can move, attend to learn, and rest. This study is conducted on 6 children with Autism Spectrum Disorder to improve their vestibular senses through games.

The result shows that there is improvement in vestibular senses through games. In conclusion, to develop balance and equilibrium as a determinant, using gradual introduction of games for training to development of balance had progress. These developments have also shown improvement in age appropriate functional skills especially in gross motor areas.

Reference:

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