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First Author: CARMELI E , et al.

Title: Can physical training have an effect on well-being in adults with mild intellectual disability?

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All Authors: Carmeli E, Zinger-Vaknin T, Morad M, Merrick J

Department: Department of Physical Therapy, Sackler Faculty of Medicine, The Stanley Steyer School of Health Professions, Tel Aviv University, Ramat Aviv, Israel.
elie@post.tau.ac.il

The aim of this study was to investigate the effect of physical training on balance, strength, and general well-being in adult people with intellectual disability (ID). This study evaluated how physical training can effect physical and psychological change among 'older' adults with mild ID. Participants consisted of non-randomly selected groups with ID (n=22), between 54 and 66 years of age. Clinical balance functional tests were measured by a modified Timed Get-up and Go test and Functional Reach test. Knee muscles strength were measured on a Biodex dynamometer. The self-concept of well-being was measured by direct interview with a questionnaire consisting of 37 structural statements. Physical training program was conducted three times a week for six consecutive months. Multiple regression analyses suggested positive relations between balance, muscle strength, well-being and physical training between the experimental and control group. This positive relation can support the role and importance of physical training to improve locomotor performance and perception of well-being among 'older' adults with ID.