

Comparing Upper Limb and Bilateral Coordination of Age and Sex Matched Adolescents with Intellectual Disabilities

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The purpose of this study was to determine whether sex differences exist in upper limb coordination (ULC) and bilateral coordination (BLC) in adolescents with intellectual Disability (ID). A total of 149 male and 96 female adolescents (12-17 yrs) with ID, matched in age, participated in this study. Six ULC items (dropping and catching ball-one/two hands; catching tossed ball—one/two hands; and dribbling ball-one/two hands) and six BLC items (touching nose with finger; jumping jacks; jumping in place same/opposite sides synchronized; and tapping feet and fingers, same/opposite side synchronized) from the The Bruininks-Oseretsky Test of Motor Proficiency (BOT-2) were used to evaluate coordination. A minimum of 10 assessments in each age group were required for data analysis. For all test items in all age groups, no significant ($p < .05$) differences were found between genders. Results indicate no sex differences for ULC and BLC exists for adolescents with ID.