

## Balance Capacity of Age Matched Male and Female Adolescents with Intellectual Disabilities

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Sex specific norms for motor skills have been established to insure that normal differences in motor development between sexes are not interpreted as motor impairment. Although sex specific norms for gross motor skills of adolescents without disabilities has been reported, little research in this domain has been performed for youth with intellectual disabilities (ID). Six evaluations from The Bruininks-Oseretsky Test of Motor Proficiency (BOT-2) were used to evaluate the static and dynamic balance capacities of 123 males and 78 females with ID for age groups 12 through 17 years. A cluster analysis of 776 assessments revealed that although male mean scores tended to be higher, males scored significantly higher only in one age group (17 yrs) for one test (walking forward heel-to-toe). In addition, >50% of mean test scores were below age criteria for both sexes. Future research should include children (5-11 yrs) with ID.