

ABSTRACT

Title: Possibilities of using elements from the DNS program for children with multiple disabilities

Purpose: To evaluate the effectiveness of applying exercises from the Dynamic Neuromuscular Stabilization concept using the DNS FIT KID exercise program in children with multiple disabilities.

Methods: The following measures were used for data collection: selected tests from the MOBAK 3-4 battery for screening motor skills, Mathias test, Thomayer test, postural stability assessment (standing on one leg and walking on the line) and DNS FIT KID tests. The DNS FIT KID exercise program was implemented and applied in psychomotor games classes.

Results: When comparing the input and output results, the boys showed an improvement in the measured differences. Thus, the applied exercise program DNS FIT KID was chosen in an appropriate form for pupils with multiple disabilities, which indicates a positive effect of its use in the group of children studied.

KEYWORDS

children with combined disabilities; children with visual impairment; spinal stabilization system; postural stability; DNS; DNS FIT KID; psychomotor games