

## **Abstract**

**Aim:** The aim of this study is to assess benefits of therapy by Vojta method and by using the active videogame Nintendo Wii. The manual dexterity and gross motor function were evaluated.

**Methodology:** The study was attended by 14 children aged 6 - 18 years. They were divided into two equal groups. The Vojta method was applied for the first group and exercising with Nintendo Wii for the second group. Each therapy took 30 days. After a 6 months break the two groups were changed. During those 6 months no targeted physiotherapy was done. The manual dexterity and gross motor functions were measured before and after the therapy and 8 weeks after finishing the therapy. The Box and Block test and the Nine Hole Peg test were used for assessment of manual dexterity and GMFM was used for testing of gross motor function. The children completed the PACES questionnaire after each of the interventions.

**Results:** Statistics showed a significant change in the manual dexterity over the time when the Box and Block test was used. A difference between the two types of therapy has not been proven. Results of the Nine Hole Peg test were not statistically significant, neither in time nor when comparing the therapies. GMFM was not statistically significant either. The PACES did not show any difference between the therapies.

**Conclusion:** Both the Vojta method and exercising with Nintendo Wii can influence the manual dexterity. The enjoyment from Nintendo Wii exercise is not higher than the enjoyment from the application of Vojta method.