

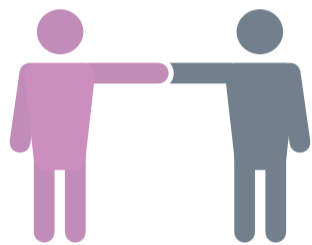
# 5

## facts about autism spectrum disorder (ASD)



### 1

#### Movement difficulties are highly prevalent in children with ASD



In a child with ASD, movement difficulties impact on their:

- academic and physical performance
- social relationships
- independence with self-care
- community participation.



### 3

#### Physios identify movement disorders prior to ASD diagnosis



Physios are well-placed to:

- identify movement delays and disorders before children are diagnosed or identified at risk of ASD
- confidently refer to appropriate professionals if ASD is suspected
- facilitate access to early specialised interventions
- promote better outcomes for children with ASD.



### 5

#### Physiotherapy can improve sports participation and activity goals

Benefits of participating in community-based programs include:

- significant reduction in parent-reported anxiety
- increase in organised physical activity outside of the program
- increased muscle strength and walking endurance
- improved health-related quality of life
- increased self-regulated participation
- improved ability to meet time and distance goals.



### 2

#### Physical activity is lower in children with ASD and interventions are effective



Physios are uniquely qualified and positioned to provide:

- movement and physical activity interventions to children with ASD
- improve health and wellbeing through promotion of physical activity and improved motor development.



### 4

#### Physiotherapy improves motor outcomes in children with ASD

Strategies to develop gross and fine motor skills in children with ASD include:

- fundamental movement skills and physical activity
- equine therapy
- naturalistic developmental and behavioural interventions
- parent-mediated and sensory interventions.



Sponsored by:



Proudly brought to you by:



Physiotherapy Research Foundation