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Effects of exercise on patients with Down syndrome

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Patients with Down syndrome have a delay in neuropsychomotor development. For this reason, physiotherapy is indicated early, in order to stimulate motor activities and provide a better quality of life. To verify the effects of exercise on the quality of life of patients with Down syndrome. A non-systematic review was carried out through a search in the PEDro database, with randomized clinical trials, published between 2008 and 2019, using the following keywords: exercise down, down syndrome physiotherapy. Six studies were included for review. Strength increased with various exercises in the 5 studies in which it was evaluated. Three studies showed improved balance with the use of resistance, isokinetic and stabilization exercises. Two articles evaluated physical function, based on resistance exercises, and only one improved. One article assessed blood glucose, fat, cholesterol and blood pressure, but there were no significant differences. Exercise improves important aspects such as strength and balance, with different types of intervention for patients with Down syndrome, reinforcing the importance of early physical therapy.

Keyword: Exercise down. Down syndrome physiotherapy.

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