

THE EFFECT OF ACTIVITY-BASED THERAPY ON IMPROVING BALANCE IN CHILDREN WITH AUTISM SPECTRUM DISORDER: A LITERATURE REVIEW

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Article Info	ABSTRACT
Article History: Received 06/05/2026. Revised - Accepted 14/07/2026 Keywords: Autism Spectrum Disorder Balance Exercise Therapy Gross Motor	<i>Introduction: Children with Autism Spectrum Disorder (ASD) frequently exhibit motor impairments, particularly in static and dynamic balance, which restrict daily activities and social participation. Exercise therapy has emerged as a critical intervention to enhance postural stability. Objective: This systematic review aims to identify and evaluate the effects of various exercise therapy modalities on balance improvement in children with ASD. Methods: Following the PRISMA protocol, a systematic search was conducted in PubMed and Google Scholar for publications between 2014–2024. From an initial identification of 53,021 articles, 10 relevant studies met the inclusion criteria. Results: Analysis reveals that modalities including martial arts (Taekwondo, Aikido, Karate), aquatic training (Halliwick therapy), motor circuit programs (SPARK), specific balance training, and dance therapy yield significant positive outcomes. Key findings indicate enhanced static/dynamic balance, bilateral coordination, and postural control. Furthermore, these interventions correlate with reduced autism behavior scores (CARS/GARS) and improved social-adaptive functioning. Inconsistencies in some results were attributed to variations in exercise duration and subject characteristics. Conclusion: Structured exercise therapy is highly effective in improving balance and gross motor skills in children with ASD, fostering greater independence and social integration.</i> <i>Keywords: Autism Spectrum Disorder; Balance; Exercise Therapy; Gross Motor.</i>
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