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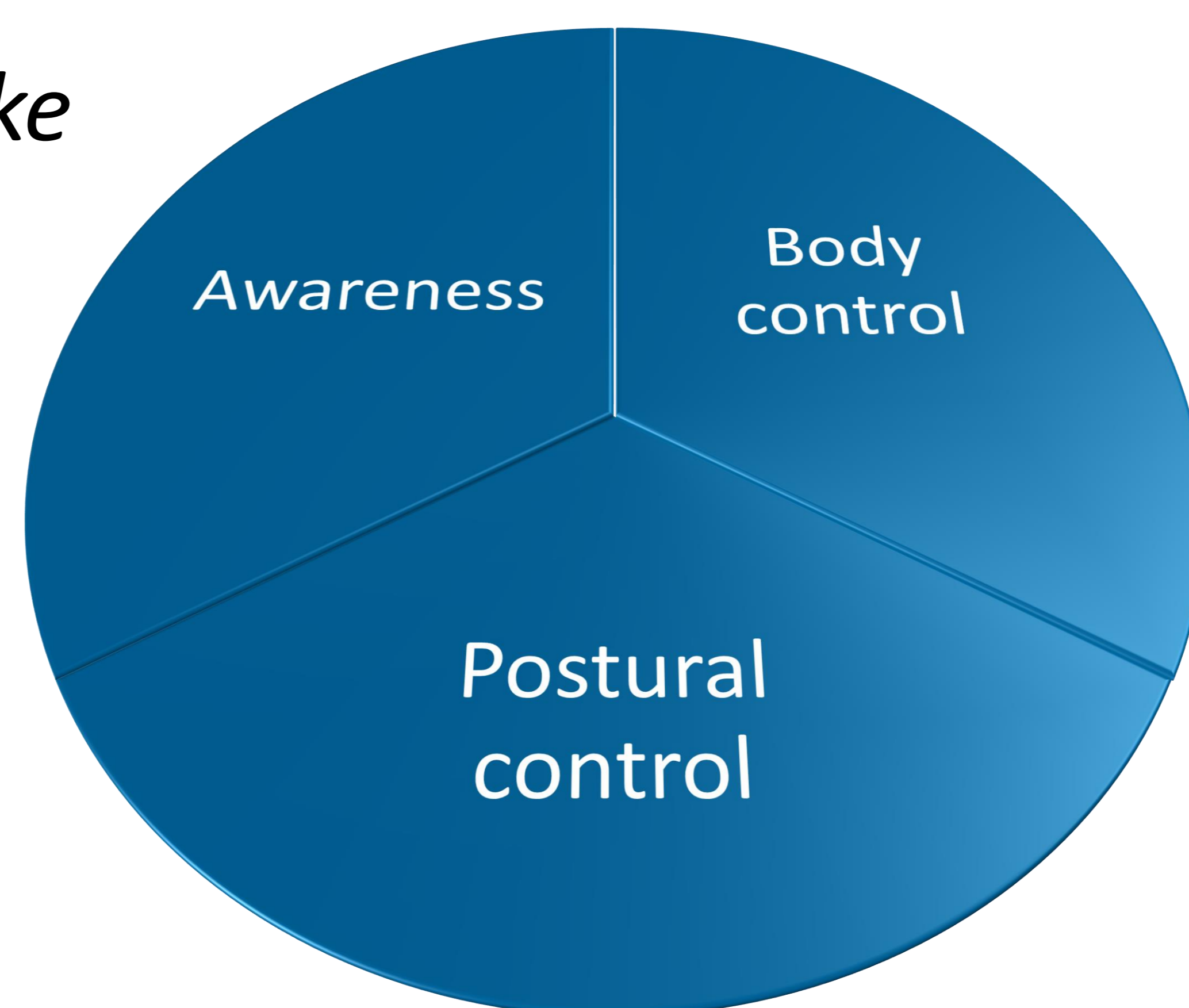
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First-hand experiences of body and movements in autism

Eleven young adults with autism were interviewed about their experiences of body and movements. A deductive analysis was performed, using motor control and body awareness theories as a frame-work. The frame-work included three main categories; Awareness, Body control and Postural control. The preliminary results are illustrated with quotations from the participants.

"I don't seem to understand my body."

"Sometimes I feel like a whole."



"I sometimes make movements too hastily in my body, arms and legs and such. Then ... why did this happen? My head short circuits."

"My greatest wish is for a better posture. I feel my lower back when I always walk leaning forward."

Conclusion: Movement quality is important to assess in persons with autism. The bodily resources may be strengthened for better physical and psychological health.

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