

5th International Conference on

DEMENTIA

October 22-23 2024 | Paris, France

Optimal development conditions in the first year of life as the basis of health and efficiency in adults

Mieczysław Maciak

Center for Therapeutic Rehabilitation, Poland

Background: Illness or exposure to adverse environmental factors in the first year of life may impair the integration of primary reflexes, the development of body posture and motor coordination. The aim of the study was to assess the correlation between data on the passive upright positioning, the number of risk factors and the quality of development in the first year of life, and the results of a functional examination of these patients during puberty. (2) **Methods:** Two groups of 60 volunteers aged 9–14 years were examined by performing functional tests and retrospective analysis of their development up to 1 year of age. The first group consisted of patients with diagnosed postural defects. The control group consisted of healthy people of the same age who volunteered for this study. (3) **Results:** Statistical analysis showed statistically significant differences between the groups in posture ($p = 0.001$), motor coordination ($p = 0.001$) and cumulative primary reflexes ($p =$

0.001), as well as a high correlation between these disorders and the quality of development in the first year of life. In the first group, for children aged 3–6 months ($r = 0.96$; $p = 0.001$), 6–9 months ($r = 0.871$; $p = 0.001$) and 9–12 months ($r = 0.806$; $p = 0.001$), no significant correlations were found with the age of 0–3 months. In the second group, the results were as follows: 0–3 months ($r = 0.748$; $p = 0.001$), 3–6 months ($r = 0.862$; $p = 0.001$), 6–9 months ($r = 0.698$; $p = 0.001$) and 9–12 months ($r = 0.740$; $p = 0.001$). In the group of adolescents with postural defects, we observed earlier time of passive upright standing and sitting, as well as more frequent use of deckchairs, seats and walkers ($p = 0.026$). (4) **Conclusions:** The analysis of the data obtained in the present study indicates that the integration of primary reflexes, the development of motor and mental functions visible throughout life may be impaired due to accelerated and passive verticalization in the first year of life.

Biography

Mieczysław Maciak working at Center for Therapeutic Rehabilitation, Poland.