

EFFECTIVENESS OF CODUSE EXERCISE PROGRAMME ON BALANCE AND GAIT IN SUBJECT WITH MULTIPLE SCLEROSIS

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ABSTRACT

Background: Multiple sclerosis (MS) is a chronic autoimmune disease that affects the central nervous system. People with frequently report balance and walking impairments and a consequence being restricted in activities and in performing daily task.

Objectives: The study's primary objective was to find out the effectiveness of CODUSE exercise programme on balance and gait in subject with Multiple sclerosis.

Subjects and Methods: A pre-test, post-test single case study design was used.

A 30 year old female noticed her symptoms in 2 months ago, She experienced blurred vision, excessive fatigue, numbness and tingling. She was diagnosed with Relapsing remitting Multiple sclerosis. She had eventually affected her daily activities and difficulty in balance and walking. She was given CODUSE exercise to improve balance and gait. The study duration was 3 months. The pre-test and post-test values were taken using Berg balance scale and TUG test. The exercise given for total 8 weeks with 1 session per day in alternative days in a week. The total treatment duration was 45 min per day. Data was collected and analysed.

RESULTS: An increase in balance and gait was observed before and after exercise. In post-test value the balance grade is 41 and gait value is 15. There is significant improvement in Berg balance and TUG test from the post-test taken.

CONCLUSION: From the study it is concluded that there was statistically significant improvement in balance and gait after application of CODUSE exercise.

CLINICAL IMPLICATION: CODUSE exercise is found to produce significant effect on improving balance and gait among multiple sclerosis subject.

KEYWORDS: Multiple sclerosis, core stability, dual task, sensory strategies, erg balance scale, TUG test.

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