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## INTRODUCTION

Imbalance is among the most debilitating symptoms in Multiple Sclerosis (MS), leading to falls and caused by dysfunctional integration of visual sensory signals.

## OBJECTIVE

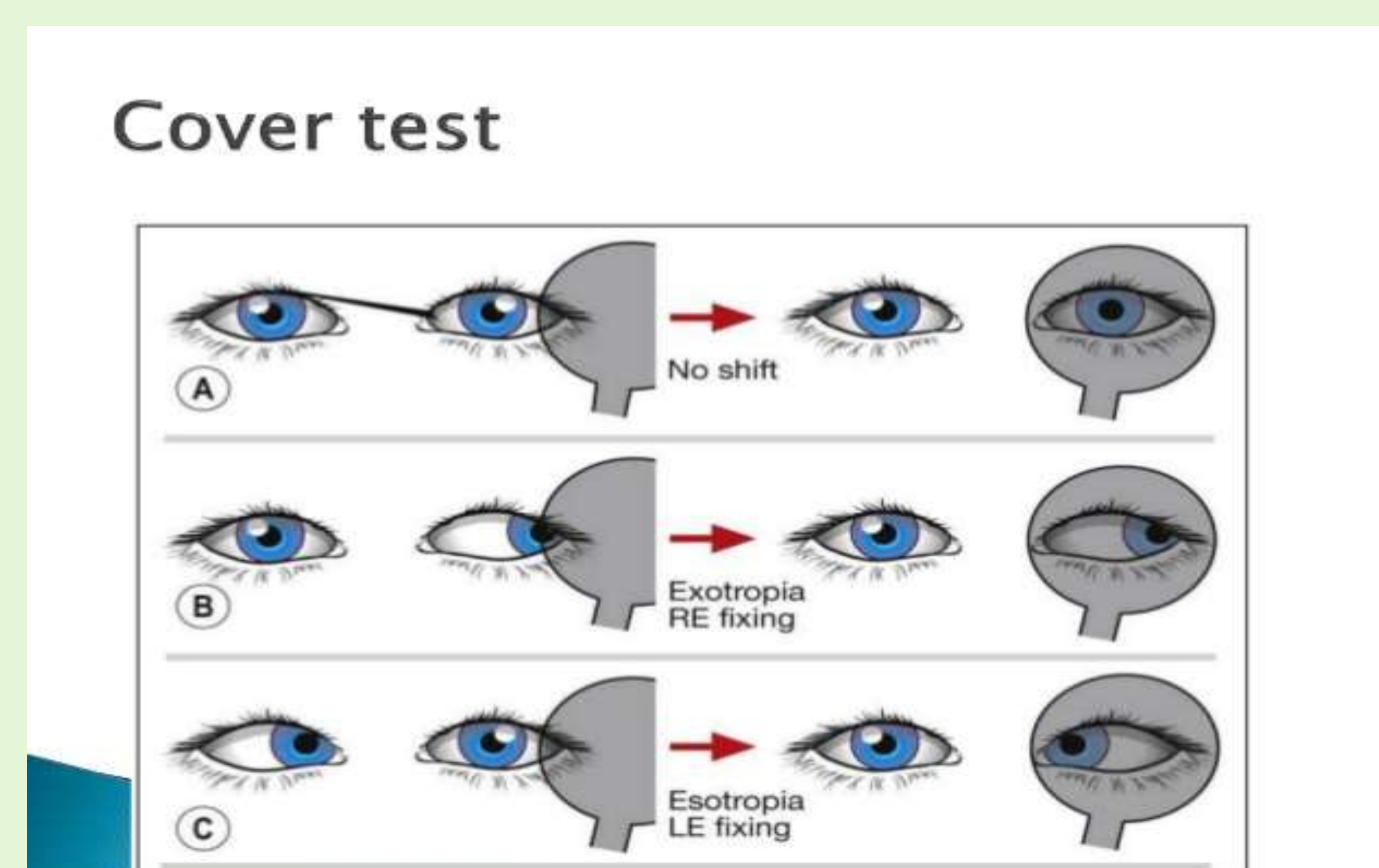
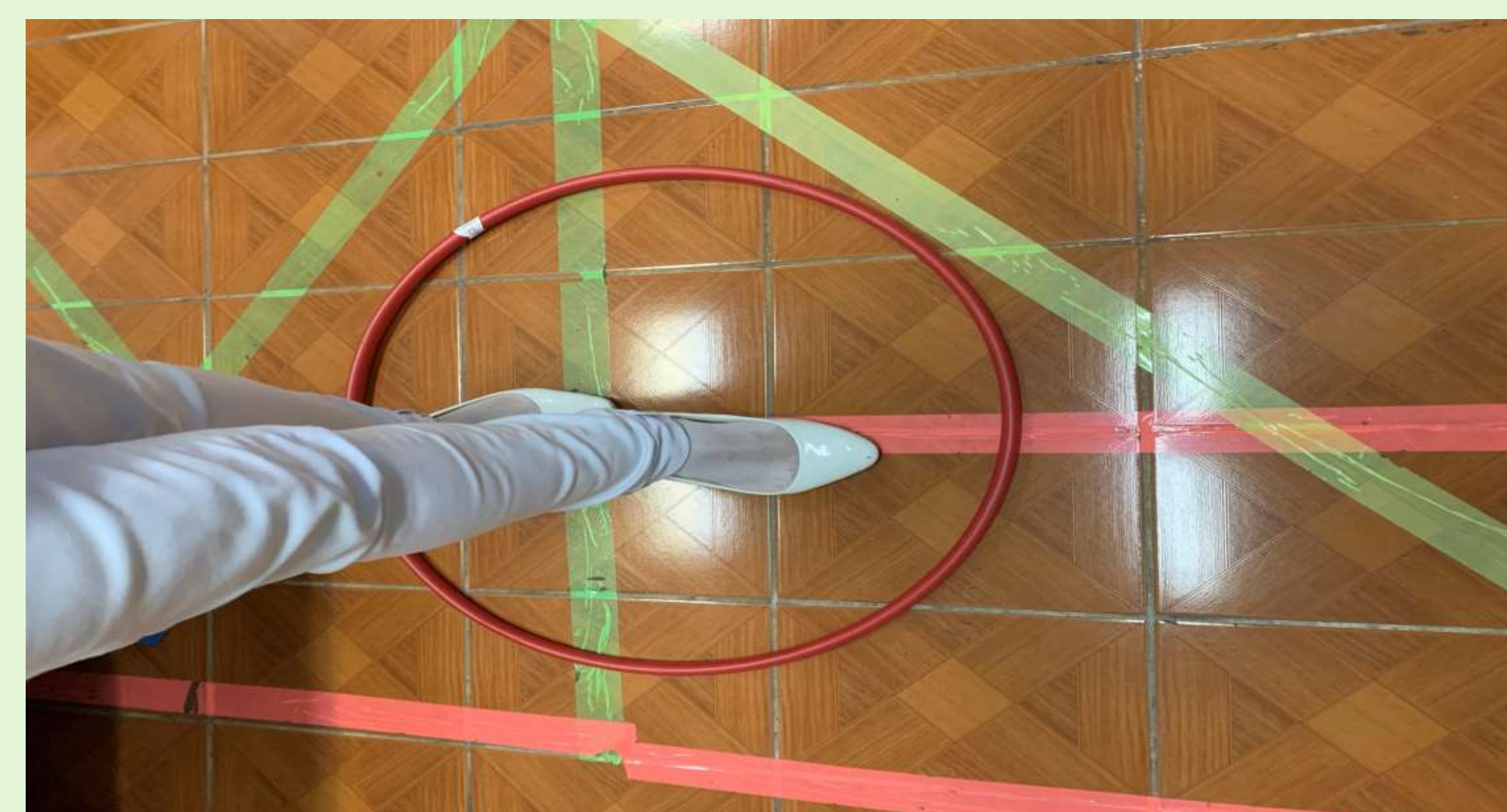
This study aimed to show the effects of visual rehabilitation on balance in a small group of people with MS

## METHOD

Three women with ages ranging from 38 to 57 years and EDSS from 1 to 6, showing signs and symptoms of body imbalance. All of them were evaluated before and after visual rehabilitation by specialized optometrist, and the evaluation consisted in ocular motility, cover test and stereoscopy, as well as chromatic and pupil analysis. Rehabilitation consisted of 7 sessions involving balance exercises associated with vision.

## RESULTS

In the initial evaluations, participants presented the same pattern of body imbalance. After visual rehabilitation, improvements in body posture, static and dynamic balance, and overall physical performance were observed in all participants.



## CONCLUSION

The data obtained revealed that visual function contributes positively to the postural control system and suggests that visual rehabilitation may be an advantageous option for the treatment of imbalance in MS, and ocular exercises are capable to produce physical and mental stimuli and this visual improvement decrease the falls rate and consequent impairment of functional capacity.

1) Sheehy CK, Beaudry-Richard A, Bensinger E et al. Methods to assess ocular motor dysfunction in Multiple Sclerosis. J Neuroophthalmol. 2018 38(4):488-493.

2) Narayanan D, Cheng H, Tang RA, Frishman LJ. Longitudinal evaluation of visual function in Multiple Sclerosis. Optom Vis Sci. 2015 92(10):976-85.