

## 4<sup>th</sup> International conference on WOMEN ONCOLOGY AND WOMEN'S HEALTH

August 25<sup>th</sup>, 2022 | Webinar

### Effectiveness of Pelvic Proprioceptive Neuromuscular Facilitation Combined with Core Strengthening on Trunk Control, Balance and Gait in Females with Paraplegia

Adarsh<sup>1</sup>, Akanksha Saxena<sup>2</sup>

<sup>1</sup> BPT (MPT) MMIPR, MM(DU), India

<sup>2</sup> BPT, MPT, (PhD), Associate Professor, MMIPR, MM(DU), India

#### Abstract

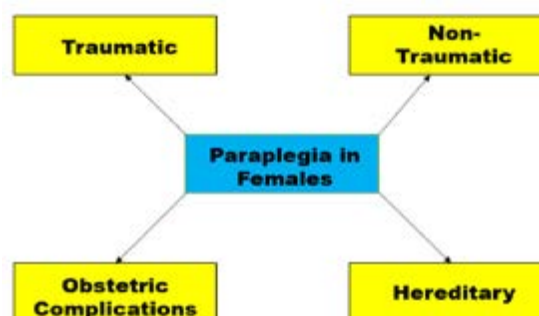
**Statement of the Problem:** Females with paraplegia come across difficulties in performing activities in sitting and standing posture with global prevalence of 20,000 cases per year. It is observed that females suffering from paraplegia have good life expectancy but due to poor trunk and pelvic control, they face difficulty in walking and performing activities of daily living independently. Paraplegia is also common in females after normal delivery due to many obstetric complications such as labor epidural analgesia, inadvertent dural puncture, transverse myelitis and acute spinal tuberculosis.

**Purpose of the Study:** This study aims to estimate the effectiveness of pelvic neuromuscular facilitation with core strengthening on trunk control, balance, gait and quality of life in females with paraplegia.

**Methodology:** In this study, females with paraplegia will be recruited after screening according to inclusion and exclusion criteria. The participants will receive intervention of 45 minutes per session, 5 times a week for 4 weeks in which Pelvic Proprioceptive Neuromuscular Facilitation for 30 minutes and then core strengthening will be given for 15 minutes including 2 minutes of rest period as per the requirement of patient. Baseline and post intervention assessment will be done by Trunk control Test for SCI, Walking Index for Spinal Cord Injury II (WISCI), Spinal Cord Injury Functional Ambulation Inventory (SCI-FAI), Berg Balance Scale (BBS) are used to assess the improvement of gait, balance and trunk control in individuals with paraplegia.

**Findings:** After 4 weeks of intervention, there might be significant differences between baseline and post-intervention scores on Trunk Control Test for SCI, WISCI, SCI-FAI and BBS.

**Conclusion:** The results of study will provide more potentiate intervention to improve trunk control, balance and gait in individuals with paraplegia.



**Figure 1:** Causes of Paraplegia in Females

#### Biography

Adarsh is eager to participate regularly in seminars and conferences to ignite and share his knowledge and skills. He is a post graduate student who greets all opportunities to improve and apply his learning skills in clinical exposure. He has built this model to help the forbearing and individuals suffering from paraplegia. This model will help to create a new platform for interventions suffering from paraplegia

adarshsharma476@gmail.com