



EFFECT OF BACKWARD WALKING ON BALANCE AND QUALITY OF LIFE OF CHILDREN WITH SPASTIC DIPLEGIC CEREBRAL PALSY

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Backward walking is found to be effective in improving balance and quality of life in children with spastic diplegic cerebral palsy. Present study was done to study and compare the effect of backward walking and conventional treatment program in children with spastic diplegic cerebral palsy.

Method: 30 children with spastic diplegic cerebral palsy were recruited for study. The base line evaluations were done for balance and quality of life on the basis of Pediatric balance



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Both conventional treatment and backward walking training program showed improvement in balance. Backward walking showed more improvement in balance as well as quality of life as compare to conventional treatment program

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