The efficacy of balance training in a Churg-Strauss Syndrome patient: a case report

G Pistone[1], S Camilli[2]
[1]PT, SPT Cardinal Massaia Hospital, Asti, Italy - giorgio.pistone@gmail.com
[2]PT, Università del Piemonte Orientale, Italy

BACKGROUND: Churg-Strauss Syndrome, well known as Eosinophilis Granulomatosis with Polyangiitis (EGPA), is a rare small-vessels vasculitis associated with asthma, blood and tissue eosinophilia. [12] Peripheral neuropathy is reported in more than 50% of cases of EGPA and it is often found related to motor and functional recovery issues. Evidence suggests that exercise programs can effectively improve gait and balance in unselected fall risk populations and reduce falls and fall-related injuries.[3]

OBJECTIVES: The purpose of the paper is to underline the importance of balance and physiotherapy interventions to provide the best functional recovery to EGPA patients. As to date there are no published reports focusing on balance training and physiotherapy in EGPA patients in English and Italian literature.

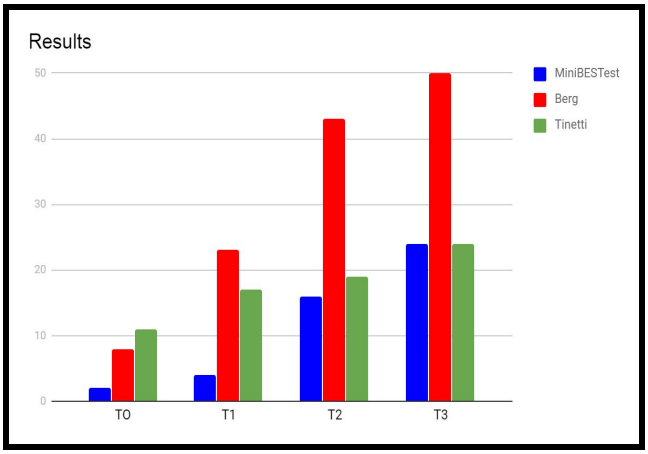
METHODS: A 65 years old man affected by EGPA, when was transferred to the rehabilitation ward, was unable to perform sit to stand by himself and to stand without support. In order to assess balance and gait we used Berg Balance Scale[4], Balance Evaluation Systems Test (Mini-BESTest)[5] and Tinetti Mobility Test [6] at baseline, 1-month, 3-month and

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6-month follow up. The rehabilitation protocol was designed to focus on balance and proprioception training.[78] The rehabilitation protocol was performed for two months, five times per week and each session lasted 90 minutes.

RESULTS: Scores on the Berg Balance Scale, Mini-BESTest and Tinetti Mobility Test have shown significant improvements on all the 4 testing sessions.



CONCLUSIONS: This case shows us that rehabilitation program focusing on balance training is a reliable way to improve functional outcome EGPA. The need of future research was also identified.

BIOGRAPHY: Giorgio Pistone is a highly motivated, challenge hungry professional driven by a strong evidence based approach. He developed his skills after years of experience in evaluation, rehabilitation and teaching in hospital, university, sport teams and private clinics. Always looking for new challenges, working on this case report his purpose was to make the first step to create and share a tailored rehabilitation program for EGPA patients.

Giorgio Pistone
giorgio.pistone@gmail.com
Mobile: +393465012028

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