

The influence of a specific exercise program on the balance of individuals with Ankylosing Spondylitis

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ABSTRACT

BACKGROUND: Ankylosing spondylitis (AS) is a rheumatic, inflammatory and chronic disease inserted in the group of spondyloarthropathies. It is characterized by mobility deficits in the spine and pain, presenting also extra-articular signs such as entesopathy and uveitis. Diagnosis is achieved by combining clinical and radiographic criteria. Studies performed with AS patients have shown a decrease in postural control resulting from loss of mobility of the spine and adjacent joints. **OBJECTIVES:** To verify the influence of a specific weekly exercise program with 10 sessions in individuals with AS and to verify the link between Bath Indexes and this same program. **METHODS:** A quasi-experimental study was performed in 13 individuals with AS. 7 individuals were doing the exercise program, being part of the experimental group and 6 individuals were part of the control group. Biodex Balance System® and Bath Indexes were used as evaluation tools. A P value <0.05 was considered as statistically significant. **RESULTS:** There were no statistically significant changes in the experimental group balance over the 10 weeks. Statistically significant results found only in BASDAI ($p=0,047$) and BASFI ($p=0,016$) of the Bath Indexes. **CONCLUSIONS:** It was concluded that a program of exercises aimed for joint mobility and postural control did not present significant improvements in the balance of a population with AS, although they showed improvements on the functionality and symptomatology of the disease.

Keywords: *bath indexes; biodex balance system®, exercise*

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