

Abstract

This thesis aims to create a set of exercises for patients with Cerebellar Ataxia, Neuropathy and Vestibular Areflexia Syndrome (CANVAS). The theoretic part contains a short recherche of modern findings about CANVAS and physiotherapy in patients with bilateral vestibular hypofunction, cerebellar ataxia and neuropathy. The practical part contains case report of seven patients. Clinical ratings included the scale for the assessment of ataxia (SARA), dynamic gait index (DGI), functional gait assessment (FGA), static and dynamic visual acuity (SVA, DVA), static posturography and the ABC questionnaire. These were measured during the pre-training, post-training and follow-up examinations. Three one-hour interventions took place four weeks apart between the pre-training and post-training examinations. Participants were instructed to perform a home-based balance exercise program in time between interventions. The follow-up examination took place 6 to 7 months after the post-training examination. From the obtained data it appears, that the exercise proposed by us has an effect on the improvement of most parameters in all patients with the exception of the fourth, where there was a deterioration in three of the five evaluated parameters. One of the two patients, who underwent a follow-up examination, maintained improvement in most parameters even half a year after the post-training examination.