

Correlating Instrumented and Clinical Measures of Balance

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Background: Balance problems are common in people with multiple sclerosis (MS). The Berg Balance Scale (BBS) is a clinical measure to assess balance in tasks representing daily activities.

Purpose: Our purpose was to determine whether BBS scores were correlated to instrumented postural stability measures in ambulatory individuals with MS.

Methods: Nineteen people (4 men and 15 women) with physician-diagnosed relapsing-remitting MS and Expanded Disability Status Scale (EDSS) scores ≥ 5 .

Conclusion: The BBS appears to be reflective of postural stability in this cohort when eyes are closed and the platform is stable. In the more challenging condition of eyes open but unstable platform and visual surround, the correlation was no longer statistically significant. It appears that the BBS is correlated with instrumented postural stability measures in balance situations considered moderate but not extremely challenging.