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Addressing Ataxia Among Children with Cerebellar Disorders

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What is the most effective treatment for improving upper extremity function in children with ataxia?

Level 3, Small n-size (n=10), homogeneity of participants, double blinded , reliable scales Level 1, High number of articles reviewed (3 of which are randomized control studies), well respected assessment tools used for comparison between interventions, poorly defined search strategy Level 1, Personal experiences utilized may be clinically questionable, focus is on medical treatment but displays strong evidence of the lack of rehabilitation research on ataxia

There is limited research on rehabilitative interventions for ataxia in children. Of the research available, one study displayed promising results and was backed in further reviews on effective interventions. This study was done by Winifred Ilg (2012) and demonstrated that various symptoms in children with degenerative ataxia were significantly reduced following a 2 week laboratory training and 6 week home program of video game-based coordinative training. The Microsoft Xbox Kinect was used in this intervention with the subjects engaging in the following Xbox movement-controlled video games: 2000 Leaks, Table Tennis, and Light Race. When utilized, this intervention led to a decrease in step variability (p=0.012) and lateral sway (p=0.012), both indicating a decreased risk of falling and improvement of dynamic balance. Additional studies (Marquer, 2014 & Koy 2016) found on ataxia treatment in children mentioned Ilg’s study and supported his findings as the most effective treatment available as of 2016.

Ataxia is rarely treated without the accompany of other, more complex symptoms or diagnoses. Although the coordinative training was found to be helpful, it should be cautioned that these results may not generalize to patients with additional diagnoses. However, the programs used in the study were found to be cost-effective for occupational therapists and motivating to children for engagement in therapy. The possibilities for a child’s ataxic symptoms to improve using this intervention may outweigh the alternative of using another intervention that may or may not work with nonexistent evidence to support it. Further studies should be implemented with larger sample sizes to increase support for this intervention.

References:

Video game-based coordinative training shows promising results to improve ataxia in children with degenerative ataxia.