



Converging Healthcare &amp; Technology

**INTERNATIONAL JOURNAL OF CONVERGENCE IN HEALTHCARE**Published by  
IJCIH & Pratyaksh Medicare LLP

www.ijcih.com

## The Impact of Pilates Training in a 5-Year-Old Girl with AMAN-Type GBS: A Case Study

**Sushma KC<sup>1</sup>, Kanu Goyal<sup>2</sup>, Shweta Sharma<sup>3</sup>**

<sup>1</sup>PG Student, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, MM (DU), Mullana, Ambala, Haryana, <sup>2</sup>Assistant Professor, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, MM (DU), Mullana, Ambala, Haryana, <sup>3</sup>Assistant Professor, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, MM (DU), Mullana, Ambala, Haryana

### Abstract

AMAN-Type GBS, also known as acute motor axonal neuropathy is a variant of Gullaine Barre Syndrome with sudden-onset of paralysis which is pathologically characterized by varying degrees of motor nerve fiber degeneration and sensory fiber sparing. Common symptoms of AMAN-Type GBS include Symmetrical muscle weakness causing paralysis, loss of trunk control, poor balance, hyporeflexia etc. Several studies have revealed that Pilates exercise is beneficial for the rehabilitation particularly for enhancing trunk strength and overall balance. The aim of the present case study was to explore the effect of Pilates training for patient with AMAN Type GBS.

**Case Report:** The author reported a 5 year and 6-month-old girl who presented with chief complaint of bilateral upper limb and lower limb weakness, inability to sit and stand independently since 2 months. Prenatal, perinatal and postnatal history of the child was not relevant and developmental milestones were achieved according to child age. Patient had a history of fever and cough followed by loss of consciousness 2 months back Patient underwent diagnostic examination like microscopic examination, chest x-ray and electro-diagnosis which revealed presence of *Campylobacter jejuni* and she was diagnosed with AMAN type Guillain-Barre syndrome. The pre and post Pilates training measurements were measured using short sensory profile, WEEFIM, Hughes scale and modified ERASMUS GBS OUTCOME SCORE (mEGOS).

**Conclusion:** The case study demonstrated improvements in the sensory profile, quality of life, and child performance following Pilates training. Notably, the probability of the patient being unable to walk independently was reduced.

**Keywords:** AMAN-Type, Child, *Campylobacter*, Exercise Movement Techniques, Paralysis.