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NEUROBICS: A VITAL ADJUNCT TO PHYSICAL THERAPY IN IMPROVING COGNITIVE AND PHYSICAL FUNCTIONS IN A PREGNANT WOMAN WITH WERNICKE'S ENCEPHALOPATHY - A CASE REPORT.

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ABSTRACT

Background: Wernicke's Encephalopathy (WE) is a neurological disorder caused by thiamine deficiency, leading to cognitive and physical impairments like confusion, ataxia, and ophthalmoplegia. Pregnant women with WE face additional challenges due to pregnancy demands. This case report examines the use of neurobics—cognitive exercises to stimulate brain function - as an adjunct to physical therapy in enhancing cognitive and physical recovery in a pregnant woman with WE.

Objective: This report aims to demonstrate the benefits of combining neurobics with physical therapy to improve cognitive and physical outcomes in a pregnant woman with WE.

Case Presentation: A 28-year-old pregnant woman in her second trimester, diagnosed with WE, presented with confusion, ataxia, and visual disturbances. After stabilization with intravenous thiamine, a rehabilitation program combining neurobics and physical therapy was initiated. Physical therapy targeted balance, coordination, and strength, while neurobics engaged the brain with unusual sensory stimuli and non-routine tasks to enhance cognitive function.

Results: After four weeks, the patient's cognitive function improved, with her MoCA score increasing from 4 to 17. Significant gains were seen in executive function, attention, language, visuospatial skills, and orientation, though memory remained unchanged. Ataxia symptoms also improved, with her SARA score reducing from 22 to 14.

Conclusion: The integration of neurobics with physical therapy offered a comprehensive approach to rehabilitation in this pregnant woman with WE. Neurobics enhanced cognitive recovery alongside physical rehabilitation, suggesting its potential as a valuable adjunct in managing WE.

Keywords: Wernicke's encephalopathy, neurobics, physical therapy, cognitive rehabilitation, pregnancy.