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STATIC AND DYNAMIC BALANCE IN LOW VISION AND NORMAL VISION ADULTS

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Abstract

Purpose of the study: *To further understand the balance of low vision with myopia and hyperopia because they have the tendency to wear the spectacles for their own purpose like reading or while performing few activities. So this study provide evidence to visualize the balance problems even after removing spectacles and this result would be beneficial for future interventions focused on reducing falls in this population.* ***Materials used:*** *Measuring scale, two standard chairs (one with arm rest and one without arm rest), Foot stool, Stop watch.* ***Methodology:*** *Type of the study is descriptive and observational study. Individuals between 20-40yrs were assessed with low vision (Hyperopia and Myopia) and normal vision using Berg's balance scale.* ***Result:*** *There is co-relation between static and dynamic balance in individuals with low vision (Significant difference i.e., $p<0.05$ at 90% confidence interval level).* ***Conclusion:*** *This study concluded that the static and dynamic balance was affected in individuals with low vision using berg's balance scale.*

Keywords: Balance: *Low vision (Hyperopia, Myopia), Normal vision, Berg's balance scale.*