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## **PHYSIOTHERAPY IN CHARLES BONNET SYNDROME: A SUPPORTIVE APPROACH IN LOW VISION REHABILITATION.**

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**Background:** Charles Bonnet Syndrome (CBS) is characterized by visual hallucinations occurring in individuals with significant vision loss but preserved cognitive function. These hallucinations can affect emotional well-being, independence, and quality of life.

**Purpose:** To explore the supportive role of physiotherapy interventions in the management of CBS within low vision rehabilitation, focusing on improving functional independence, sensory integration, and psychological comfort.

**Methods and Materials:** A supportive rehabilitation approach was implemented among individuals diagnosed with CBS associated with low vision conditions. The intervention program included physiotherapy-based strategies such as balance and gait training, orientation and mobility exercises, relaxation techniques, sensory stimulation, and functional task training. Patients were assessed through structured interviews, visual function assessments, and quality-of-life questionnaires before and after the intervention period. The program was conducted over a defined rehabilitation period with regular physiotherapy sessions and patient education.

**Results:** The result of this study shows improvement in participants confidence during mobility, reduced anxiety associated with hallucination episodes, and enhanced ability to cope with visual disturbances. Physiotherapy interventions contributed to better postural stability, improved spatial orientation, and increased engagement in daily activities. Many participants also reported improved understanding of their hallucinations, leading to decreased distress and better adaptation to their visual impairment.

**Conclusion:** Physiotherapy plays a supportive role in multidisciplinary management of Charles Bonnet Syndrome (CBS) by improving mobility, sensory integration, and coping strategies. It enhances functional independence, reduces psychological distress, and improves quality of life. Integrating physiotherapy into low vision rehabilitation offers holistic care. Further research is needed to establish standardized protocols.

**Keywords:** Charles Bonnet Syndrome, Low Vision Rehabilitation, Visual Hallucinations, Functional Mobility, Quality of Life.