

Resource Summary Report

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Targeted ballet program mitigates ataxia and improves balance in females with mild-to-moderate multiple sclerosis

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Protocol Information

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Authors: Andrew M. Scheidler, Dominique Kinnett-Hopkins, Yvonne C. Learmonth, Robert Motl, Citlali Lopez-Ortiz

Summary: Experimental procedural checklist. Detailed description of sample exercises with images. Example class outline for the TBP that includes chair, barre, and across the floor exercises.

Associated Publications: Scheidler AM, Kinnett-Hopkins D, Learmonth YC, Motl R, López-Ortiz C (2018) Targeted ballet program mitigates ataxia and improves balance in females with mild-to-moderate multiple sclerosis. PLoS ONE 13(10): e0205382. doi: [10.1371/journal.pone.0205382](https://doi.org/10.1371/journal.pone.0205382)

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