



Oct 19, 2018

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## Targeted ballet program mitigates ataxia and improves balance in females with mild-to-moderate multiple sclerosis [↗](#)

PLOS One

Andrew M. Scheidler<sup>1</sup>, Dominique Kinnett-Hopkins<sup>2</sup>, Yvonne C. Learmonth<sup>3</sup>, Robert Motl<sup>4</sup>, [Citlali Lopez-Ortiz](#)<sup>1</sup><sup>1</sup>University of Illinois at Urbana-Champaign, <sup>2</sup>Northwestern University, <sup>3</sup>Murdoch University, <sup>4</sup>University of Alabama at Birmingham[dx.doi.org/10.17504/protocols.io.mezc3f6](https://doi.org/10.17504/protocols.io.mezc3f6) [Citlali Lopez-Ortiz](#)  

### ABSTRACT

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.

### TAGS

Targeted Ballet Program

Ataxia




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### EXTERNAL LINK

<https://doi.org/10.1371/journal.pone.0205382>

### THIS PROTOCOL ACCOMPANIES THE FOLLOWING PUBLICATION

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)

  
Class plan outline TBP  
for MS.docx  
Experimental Checklist  
TDC for MS.docx  
Detailed description of  
sample exercises with  
images.docx

### PROTOCOL STATUS

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