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Authors: Edson Soares da Silva, Gabriela Fischer, Rodrigo Gomes da Rosa, Pedro Schons, Luísa Beatriz Trevisan Teixeira, Wouter Hoogkamer, Leonardo Alexandre Peyré-Tartaruga



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Gait and functionality of individuals with visual impairment who participate in sports

Running Head: GAIT IN VISUALLY IMPAIRED ATHLETES

Edson Soares da Silva¹, Gabriela Fischer², Rodrigo Gomes da Rosa¹, Pedro Schons¹,
Luísa Beatriz Trevisan Teixeira¹, Wouter Hoogkamer³, & Leonardo Alexandre Peyré-
Tartaruga¹

Affiliations:

¹ Exercise Research Laboratory, Escola de Educação Física, Fisioterapia e Dança, Universidade Federal do Rio Grande do Sul, Porto Alegre, Brazil.

² Laboratory of Biomechanics, Departamento de Educação Física, Universidade Federal de Santa Catarina, Florianópolis, Brazil.

³ Department of Integrative Physiology, University of Colorado, Boulder, USA.

Corresponding Author: Leonardo A. Peyré-Tartaruga

Associate Professor

Exercise Research Laboratory, Universidade Federal do Rio Grande do Sul

Rua Felizardo, 750, 90690-200 Porto Alegre, Brazil. Tel: 55 51984063793

leonardo.tartaruga@ufrgs.br

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3 tables

HighlightsWe compared gait in visually impaired athletes (VI) and sighted individuals (SG).

- Self-selected walking speed and muscular endurance were similar between groups.
- Static balance was reduced in VI, but similar to SG with eyes closed.
- Fear of falling was greater in VI than in SG, but less than previously reported.
- Sport-based interventions attenuate impaired functional mobility and balance.

Abstract

Background: Individuals with visual impairment (VI) have often been observed to walk slower than individuals with unimpaired vision. These observations might be confounded by typical low levels of physical activity and greater sedentary behavior in individuals with VI than the overall population.

Research question: Here, we compared gait and balance measures between individuals with VI who participate in disability sports, and activity level matched sighted individuals.

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