Abstract

Visual impairment is characterized by partial or total loss of vision, and cause functional limitation. The physical therapy evaluation allows measuring the physical disabilities of every type of visual impairment and drawing a profile posture, directing therapeutic intervention. The objectives were to evaluate the occurrence of postural changes and muscular retractions in a patient with partial visual impairment. According to the method proposed by Kendall (2007), were evaluated 13 muscle groups bilaterally and his posture. The muscle retraction was measured by goniometry method and the Well’s bank was used by quantificate the posterior muscular retraction. Analysis of the results occurred by checking the range of motion in various joints and the description of the postural changes found. Patients with partial visual impairment, male, 23 years of age, body mass of 56.5 kg and 1.67 m height showed muscle retractions in pectoralis major (upper and middle fibers) internal rotators of the shoulder, latissimus dorsi, wrist and finger extensors, iliopsoas and rectus femoris, hamstrings and low flexibility of the posterior chain. Postural assessment showed changes: plantar arch plans, patellae convergent, higher right iliac crest than the other, higher left shoulder than the right, neck rotation to the right side, anterior head and tilted sideways to the right, hip anteversion, shoulder in internally rotated and protruded, abducted scapulae and trunk rotation to the right. There was a prevalence of muscular retraction in 7 of the 13 muscle groups evaluated, could become an important predisposing factor for changes in posture. Also confirmed were several changes related to postural muscles shortened.

Keywords
Posture, muscles, visual impairment, physical therapy.