



# CEREBELLAR ATAXIA

## Comprehensive Management

### ETIOLOGY-SPECIFIC (Acquired)

#### • Gluten Ataxia

- Strict gluten-free diet

#### • Immune-Mediated (Paraneoplastic, Anti-GAD)

- Corticosteroids
- IVIG
- Rituximab
- Plasmapheresis

#### • Nutritional Deficiencies

- Vitamin B1, B12, Vitamin E supplementation

#### • Alcohol-Related

- Alcohol abstinence
- Thiamine replacement

### SYMPTOMATIC PHARMACOTHERAPY

#### • Parkinsonism

- Levodopa
- Dopamine agonists

#### • Spasticity

- Baclofen

#### • Anxiety / Depression

- SSRIs

### HEREDITARY ATAXIA

#### • Friedreich's Ataxia

- Omaveloxolone (FDA approved =16 yrs)

⚠️ **Avoid Deferiprone** (may worsen ataxia)

### NON-PHARMACOLOGICAL

#### • Mobility / Motor

- High-intensity PT (6 hrs/day)
- Home-based coordinative training (video games)

#### • Speech (Dysarthria)

- Tailored biofeedback speech therapy

#### • Neuromodulation

- Cerebellar tDCS
- Spinal stimulation
- TMS

### MULTIDISCIPLINARY CARE

- **Physical Therapy (PT)** → Improved SARA scores, mobility, fall prevention

- **Occupational Therapy (OT)** → Increased ADL independence & Safety

- **Speech-Language Pathology** → Improved intelligibility (SCA 1,2,3,6)

- **Neurology / Physiatry** → Reduced secondary motor complications

- **Urology / Pain Management** → Improved comfort & quality of life

- **Psychology / Psychiatry** → Emotional resilience & mental health support