

6th International Conference & Exhibition on

Physiotherapy & Physical Rehabilitation

August 13-14, 2018 | London, UK

Comparative analysis of the impact of physiotherapy over the fatigue in both males and females with multiple sclerosis

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Background: It is known that multiple sclerosis affects both sexes differently. Females suffer from this condition twice as more than males. The most common symptom, reported by patients is chronic fatigue.

Aim: The purpose of this analysis is to see how men and women react to a tested physiotherapeutic program.

Methods: The study took place in Sofia, Bulgaria with 40 participants, 18 men and 22 women divided in two groups, clinically diagnosed with relapsing - remitting multiple sclerosis with duration over five years and more than four crises. Each person started with 10 weeks of physiotherapy, after which continued with the 16 sessions of hippo therapy. Three tests were taken at the beginning, in the middle and after the last class.

Results: Due to the effect of the selected exercises and methods both strengthening and relaxing at the same time, male patients had significant progress after the whole program. While the female patients showed positive results after the second testing and kept the progress.

Conclusions: Both sexes react differently to the tested program, but in a positive way. Women may need less time to achieve the goal, while men may need a period of consolidation. At the end long term programs show positive effect over the patients with multiple sclerosis in both genders.

Biography

Inna Ivanova graduated her PhD degree from Vasil Levski National Sports Academy in 2016. Since November 2016 she is an Assistant Professor at the Medical University of Sofia while simultaneously teaching at the Sofia University as well as at the National Sports Academy. She has several publications in journals in her home country and abroad.

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