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Impact of physiotherapy over chronic fatigue in men with multiple sclerosis

Inna Mincheva Ivanova

Medical University of Sofia, Bulgaria

Background & Aim: Multiple sclerosis (MS) is a relapsing or progressive neurological disease with an unknown etiology and only partially effective treatment. MS can have a negative impact on both physical and psychological well being. The most common symptom, reported by patients is chronic fatigue. The purpose of the study was to test how a new combination of physiotherapeutic methods will affect chronic fatigue in men with multiple sclerosis.

Methods: The study took place in Sofia, Bulgaria with 18 participants – men, clinically diagnosed with relapsing-remitting multiple sclerosis with duration over five years and more than 4 crises. We used the fatigue severity scale (FSS)-fatigue severity test to measure the chronic fatigue in our patients. The whole program included 16 classes of hippotherapy and physiotherapy selected exercises adopted to be performed at the medical center and at home after the final 20th procedure. The physiotherapy included exercises with big Swiss-ball (fit-ball), modified exercise from PNF (proprioceptive neuromuscular facilitation), myofascial massage and autogenic training. Each person started with 10 weeks of physiotherapy, after which continued with the 16 sessions hippotherapy.

Results: At the end of the study our male patients showed statistically significant decrease in the results of chronic fatigue. We think that it is due to the effect of the selected exercises and methods both strengthening and relaxing at the same time.

Conclusion: Long term programs help the patients with MS to achieve and keep the positive results for a long period of time and hopefully to make them permanent.

Biography

Inna Mincheva Ivanova has completed her PhD in 2016 from National Sports Academy "Vasil Levski". 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, until nowadays. She has several publications in journals in her home country and several abroad.

inna_mincheva@abv.bg

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