

7th International Conference & Exhibition on

Physiotherapy & Physical Rehabilitation

March 25-26, 2019 | Rome, Italy



Inna Mincheva Ivanova

Medical University of Sofia, Bulgaria

Impact of physical activity on berg balance test scores in male patients with multiple sclerosis

Introduction: Multiple Sclerosis (MS) is a relapsing or progressive neurological disease with an unknown etiology. MS has a negative impact on both physical and psychological well-being. One of the most common symptoms, reported by patients, is the disturbance of the ability to obtain balance.

Aim: The purpose of the study was to test a group of men with MS with new combination of physiotherapeutic methods and to observe how the potential to keep balance will be affected.

Methods: The study took place in Sofia, Bulgaria with 18 men, diagnosed with relapsing-remitting multiple sclerosis, duration over five years-with more than four crises. We used the BBS-The Berg balance scale to measure the changes in their ability to obtain balance. The whole program included 16 classes of hippotherapy and 20 classes of physiotherapy. The physiotherapy included exercises with big swiss-ball (fit-ball), modified exercise from PNF (proprioceptive neuromuscular facilitation), myofascial massage and autogenic training.

Results: At the end of the study our male patients showed statistically significant increase of the results for BBS. Each one of them started to feel much more confident in the performance of the test's components. We think that it is due to the effect of the selected exercises and methods both strengthening and relaxing at the same time. Each one of the exercises required the possibility of minor motor control of the body so that by repetition to strengthen muscularity properly.

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 Graduation and her PhD in 2016 at National Sports Academy "Vasil Levski". She has been working as an Assistant Professor at the Medical University of Sofia since 2016. She is simultaneously teaching at the Sofia University. She has several publications in national and international journals.

inna_mincheva@hotmail.com