

7th International Conference & Exhibition on

Physiotherapy & Physical Rehabilitation

March 25-26, 2019 | Rome, Italy

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

Inna Mincheva Ivanova

Medical University of Sofia, Bulgaria

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 balance. The purpose of the study was to test how a new combination of physiotherapeutic methods will affect the balance in females with multiple sclerosis.

Methods: The study took place in Sofia, Bulgaria with 22 participants – women, clinically diagnosed with relapsing-remitting multiple sclerosis, duration over 5 years and more than 4 crises. We used the BBS – The Berg balance scale to measure the changes in their ability to obtain balance in our patients. 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. Each woman started with 10 weeks of physiotherapy, after which continued with the 16 sessions hippotherapy.

Results: At the end of the study our female patients showed statistically significant increase of the results in the 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 female patients with MS to achieve progress and keep the positive results for a long period of time. And hopefully to make them permanent.

Biography

Inna Ivanova graduated 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, until nowadays. She has several publications in journals in her home country and several abroad.

inna_mincheva@abv.bg

Notes: