

KINESITHERAPEUTIC TREATMENT OF LATERAL AMYOTROPHIC SCLEROSIS

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PURPOSE

To monitor the effect of kinesitherapy for improvement of the functional capabilities of patients with amyotrophic lateral sclerosis (ALS).

MATERIAL AND METHODS

We studied 16 patients, mean age of 52.7 ± 6.9 years, with diagnosed LAS, localized on the lower extremities, with moderate severity of involvement, in the initial stage and duration 1.5 ± 0.4 months of the disease. After the functional examinations, decreased muscle tone and strength and disturbed balance were established. For the purpose of the analysis, a manual muscle test and a Berg Balance Scale were used in the study. Applied kinesitherapy includes exercises to overcome muscle imbalance through the use of massage techniques, positioning of the limbs, slow stretching, Proprioceptive Neuromuscular Facilitation, breathing exercises; exercises for static and functional balance.

RESULTS

The application of these techniques for a period of 3 weeks in the studied patients resulted in improved functional capabilities, with a level of significance $p < 0.001$.

CONCLUSION

The application of 3-week kinesitherapy improves the functional capabilities of patients with ALS compared to baseline.

KEY WORDS

amyotrophic lateral sclerosis, functional capabilities, kinesitherapy

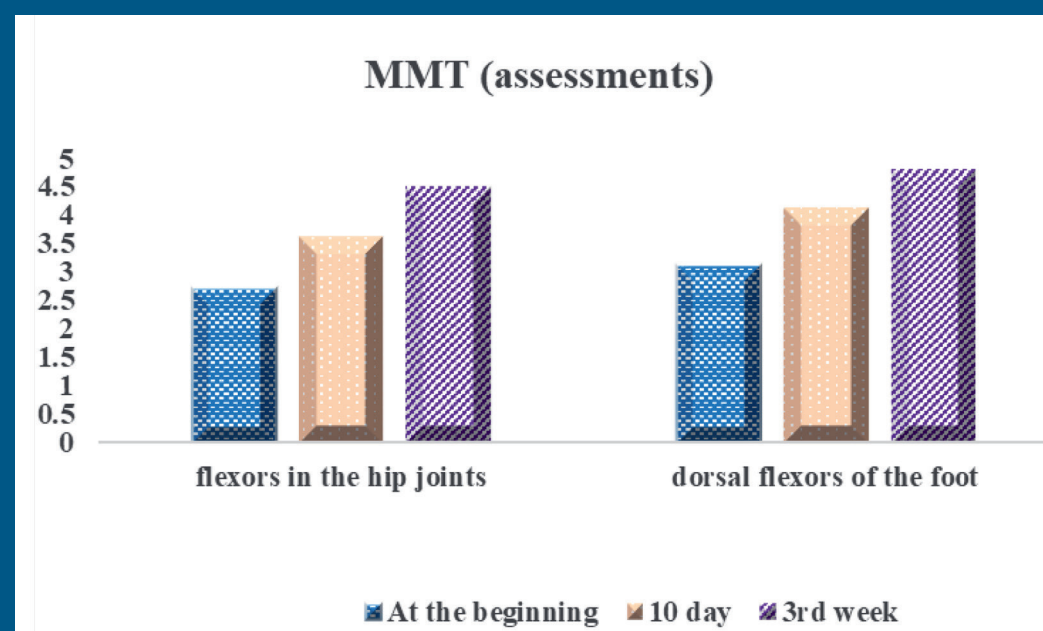


Figure 1. In total points of MMT

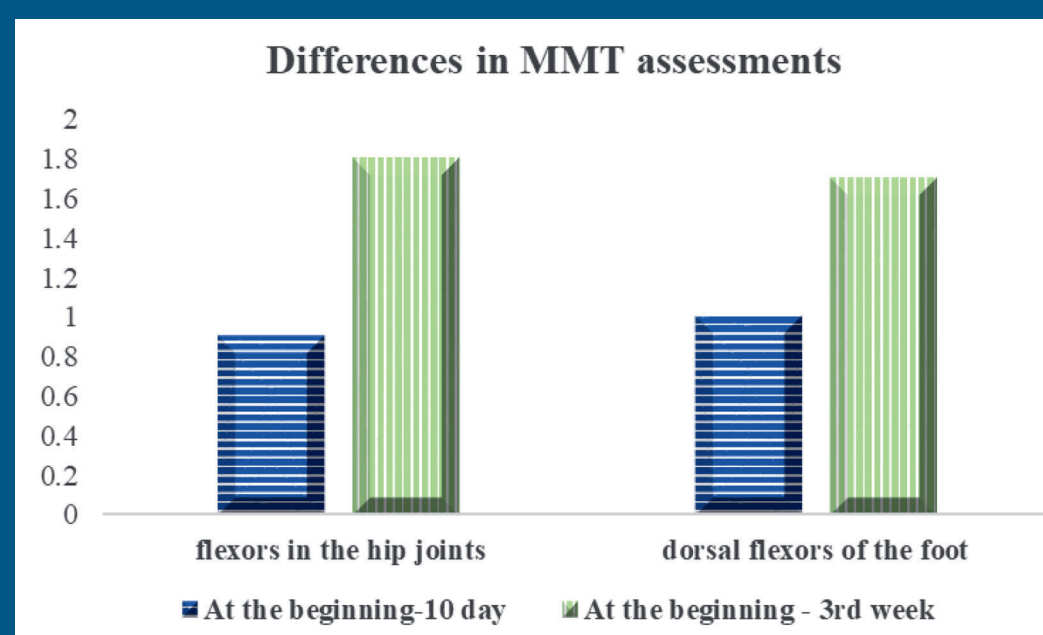


Figure 2. Differences in total points of MMT

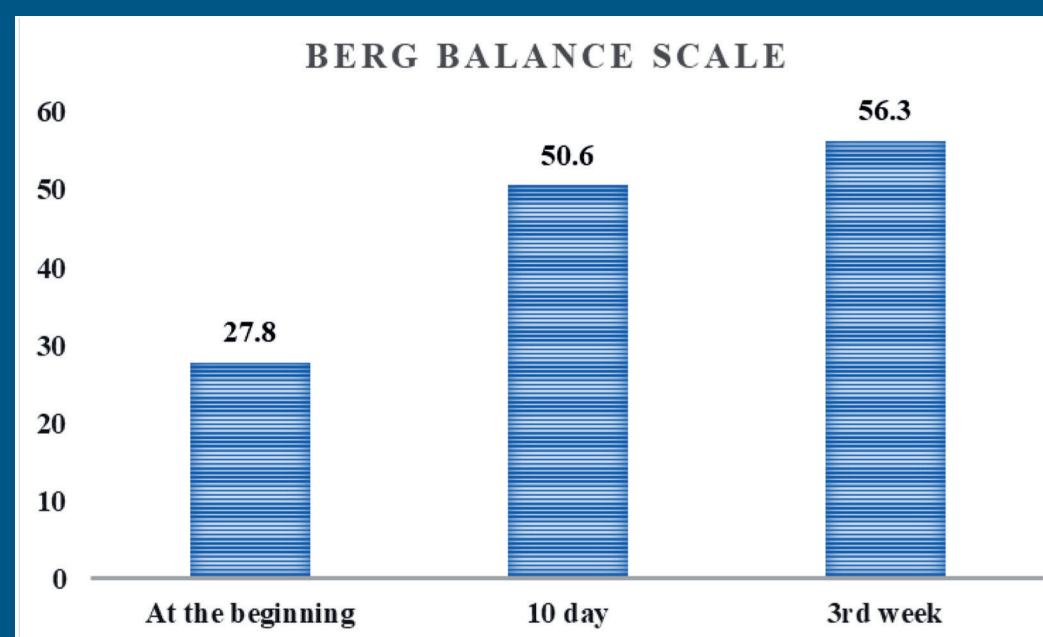


Figure 3. In total points of BBS

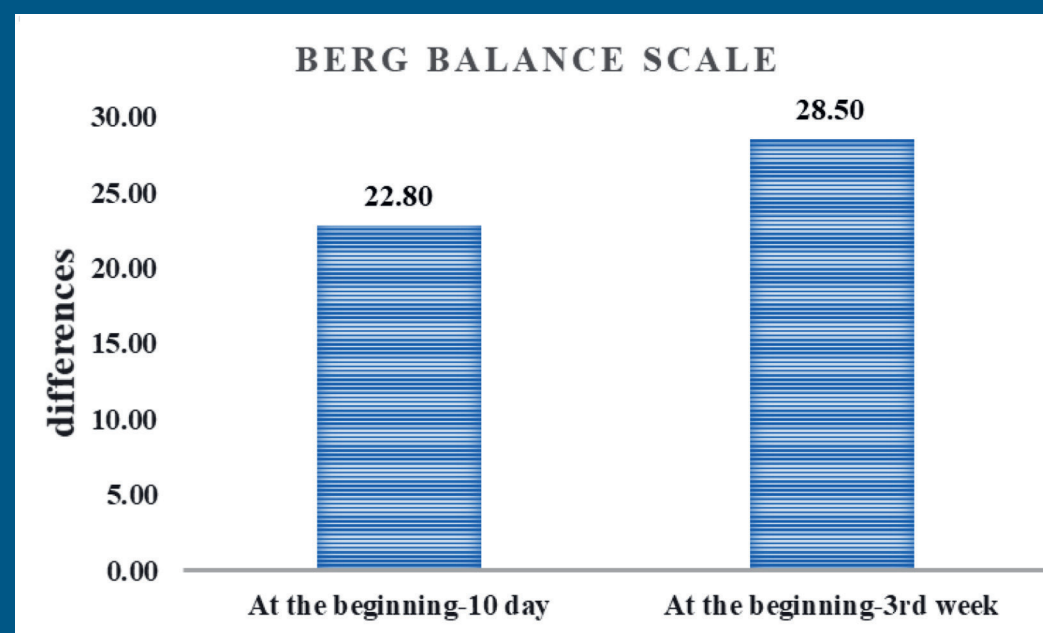


Figure 4. Differences in total points of BBS