

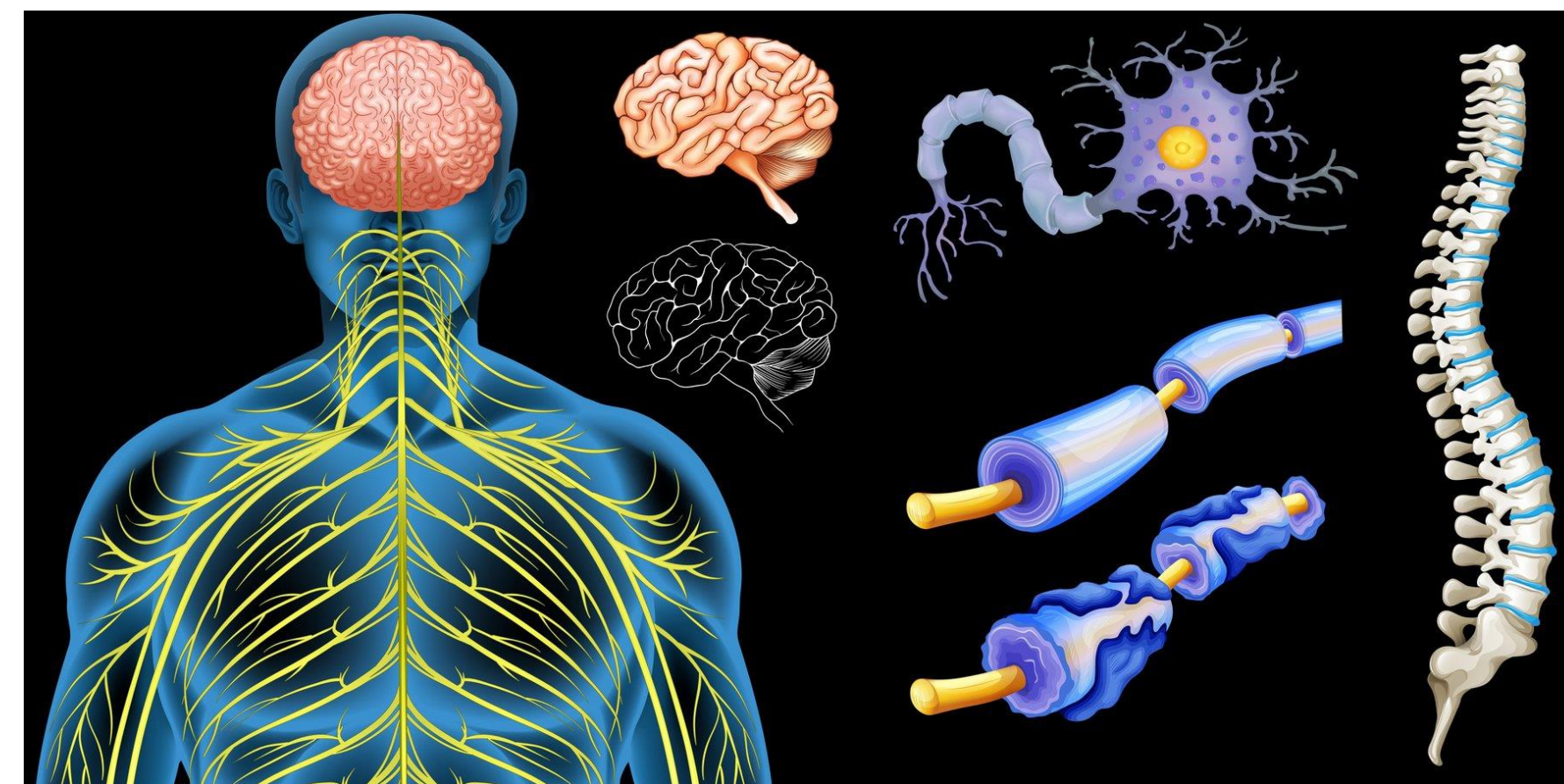
Combined kinesiotherapy in multiple sclerosis with elements of art therapy

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INTRODUCTION

Key components in neurorehabilitation are the adaptation and improvement of neuroplasticity, i.e. the capacity of the brain to make new nerve connections after lesion damage, and the control of lost functions to be taken over by other zones in the brain. Art therapy as an integrative therapy improves the mental and physical health and contributes to improving the general functional state that enriches the lives of individuals, families and communities through active creation of art, creative processes and enjoyable psycho-physical health.



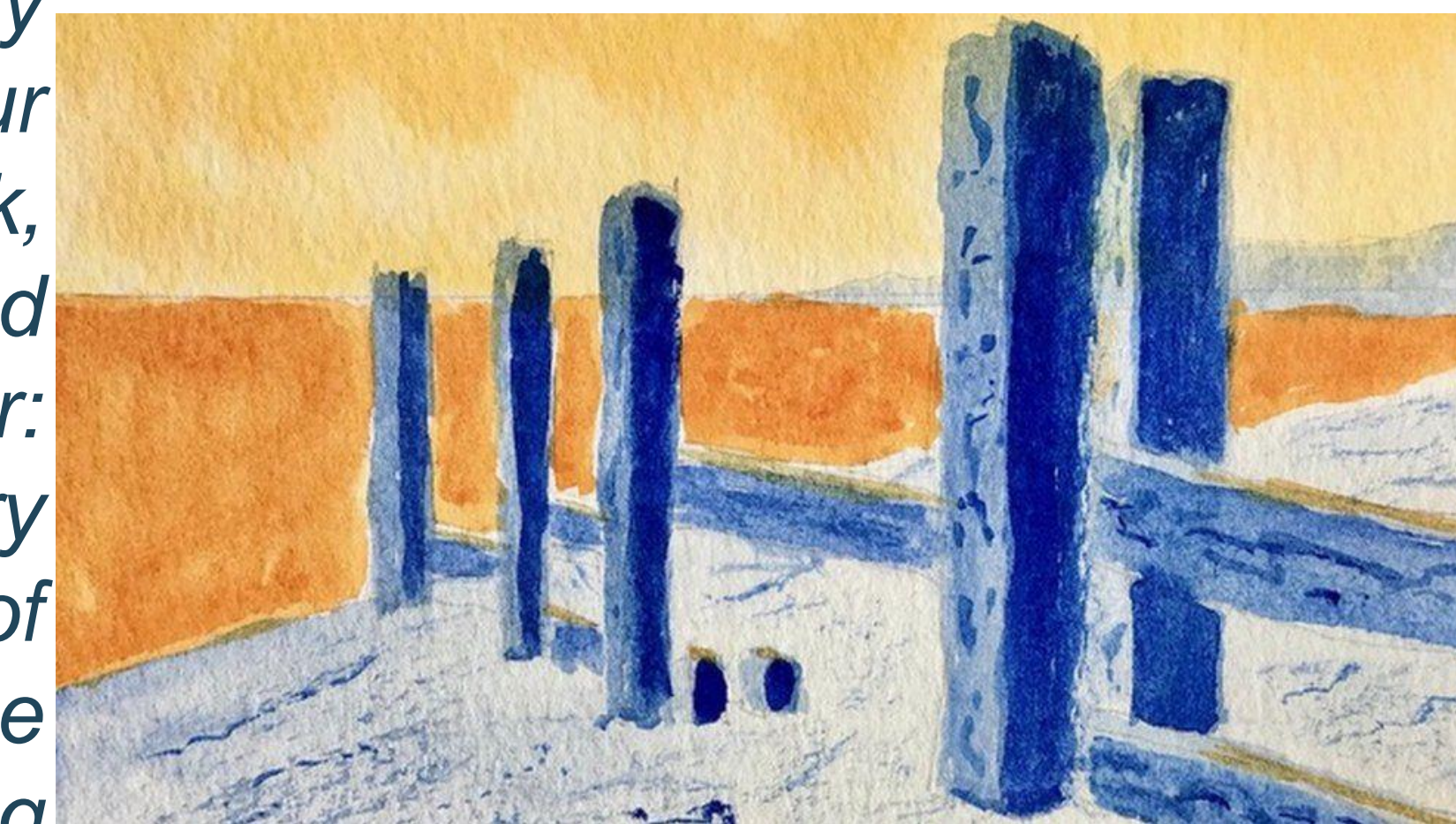
AIM

The aim of the study is to study the effect of applied kinesiotherapy with elements of art therapy in maintaining the general functional state and independence of the patient.



MATERIALS & METHODS

The study included an examination of a 52-year-old woman diagnosed with a chronic-relmitting clinical form of multiple sclerosis in whom there was chronic pain along the spine, paraesthesia, diplopia, dysarthria, memory impairment, decreased concentration and attention, and periods of anxiety and fear. Motor activity is impaired which includes: paresis, impaired coordination, intention tremor and disturbed balance. Ten-day combined kinesiotherapy with ten 2-hour art therapy sessions, twice per week, was performed. The applied kinesiotherapy includes means for: maintenance of the cardiorespiratory activity with aerobic load in the form of ergometry or training; maintaining range of motion in the joints and overcoming muscle imbalance with passive exercises; proprioceptive-nerve muscle relief; active exercises; improving coordination with coordination exercises; improving balance with balance exercises on reduced support areas and lack of visual control; improving functional capabilities by recognizing different digits and shapes when placing the limb in a certain position on or over them; prophylaxis of complications.



RESULTS

After the applied kinesiotherapy and art therapy starting with: drawing simple geometric shapes, natural shapes in still life, drawing characters from fantasy, drawing landscapes, there is an improvement of the functional status (postural stability, accuracy and coordination of movements), better emotional state, concentration and attention.

CONCLUSION

Proper multidisciplinary therapeutic approach in multiple sclerosis and application of complex treatment of kinesiotherapy and art therapy leads to positive results on the impaired functional and emotional status of the patient.

KEYWORDS

Art therapy, kinesiotherapy, rehabilitation, Multiple sclerosis