

# KINESITHERAPEUTIC AGENTS FOR MULTIPLE SCLEROSIS

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## PURPOSE

To monitor the effect of kinesitherapeutic agents on functional disorders which patients have multiple sclerosis.

## CONTINGENT AND METHODS

The study examined 6 patients with chronic-progressive form of multiple sclerosis, who agreed to kinesitherapy at home for a period of 1 month.

It is used a correct positioning in the bed and sitting position, passive – active exercises, analytical exercises for upper and lower extremities, breathing exercises, balance and coordination exercises to sitting and standing, massage treatments. To see the effect from the therapy we use Berg balance scale and tests for transfer (changing over from occipital laying position to left/right laying position, from occipital laying position to standing position). The test" Five Times Sit -To- Stand (FTSST) is used, which is suitable for evaluating the abilities of transfer.

## RESULTS

The study showed that kinesitherapy applied for 1 month, had a positive effect, improving the speed of reactions and muscle strength of patients improving lower limb strength and coordination and sequence of movements between the trunk and lower limbs.

## CONCLUSION

Prolonged use of kinesitherapeutic agents has a positive effect in patients with multiple sclerosis, which leads to a correction in the modern life and work style of patients.

MULTIPLE SCLEROSIS

KINESITHERAPY

CHRONIC PROGRESSIVE FORM

### Berg Balance Scale

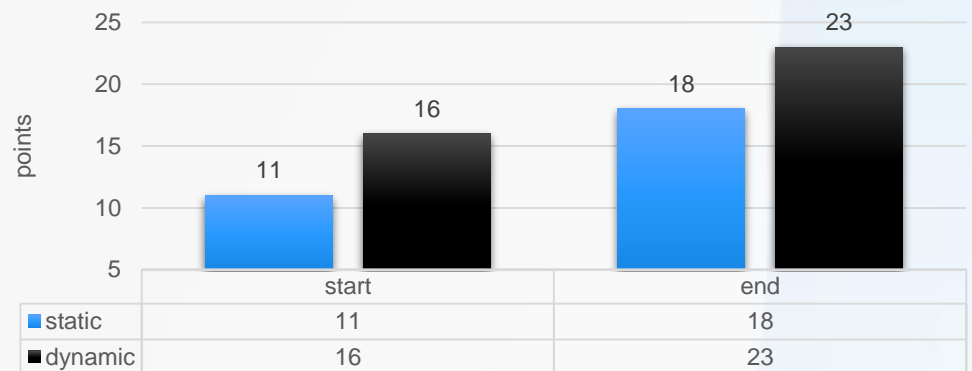


Fig. 1 Graphical representation of difference in total points of Berg balance scale

### TUG



Fig. 2 Graphical representation of difference in total points of TUG scale

### Five Time Sit-To-Stand

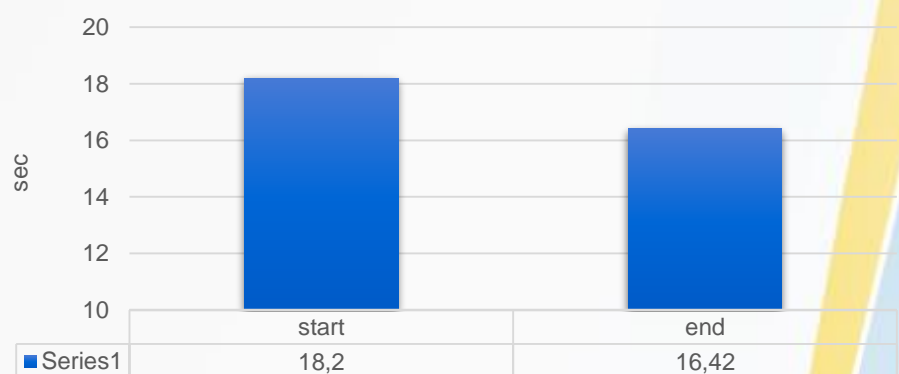


Fig. 3 Graphical representation of difference in total points of Five Time Sit-To-Stand

### Sit-To-Stand per 30 sec

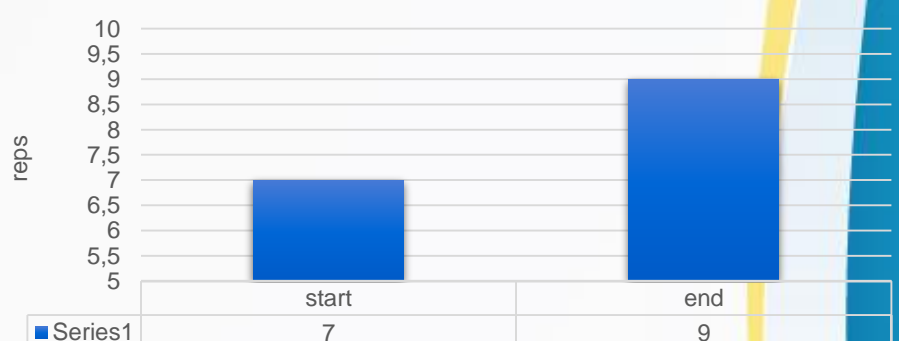


Fig. 4 Graphical representation of difference in total points of Sit-To-Stand per 30 sec