IMPACT OF SIX WEEKS SELECTED BALANCE EXERCISES ON IMPROVING MULTIPLE SCLEROSIS PATIENT’S BALANCE

Abstract
Background: Multiple Sclerosis (MS) is the most prevalent disabling neurotic disease in young adults. It cause demyelination of nerve axons, which can lead to lack of normal actions that through them central nervous system (CNS) attempts to communicate with the body and vice versa. One of common symptoms of MS is loss of balance and decreased walking ability. The purpose of this study is the effect of 6-week Balance Training on People with Multiple Sclerosis. Methods: 20 subject with mild to moderate disability, by Kurtzke scale (Expanded Disability Statues Scale), was randomized into experimental group (n=10) and control group (n=10) after they were assessed with Berg balance Scale. Then timed up & go test and Timed Walk test used to assess their physical mobility and gait speed. These tests were repeated each two week for groups. After 6 weeks all data collected and analyzed with repeated measure and t-test. Results: Results showed statistically significant differences among groups. Experimental group showed a significant improvement in balance, mobility and gait speed, but there were no significance differences in control group. Conclusion: The result of this study revealed that balance exercise can improve balance in people with multiple sclerosis.

Key words: multiple sclerosis, balance training, balance, mobility, gait speed