Multifactorial Circuit Training for MS Patients

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Aim:

The aim of this poster is to demonstrate the benefit of Multi-factorial circuit training for MS patients.

Methodology

All the MS patients who attended the neurophysio outpatient clinic were examined during their initial assessment and outcome measures namely Berg Balance Score, 10 metre walk test and 9 hold peg board test score were used as a base line. All the patients who were mobile either with or without any walking aids were assigned to participate in a multi factorial circuit training programme carried out in group for six weeks period. Maximum six patients in each group. The multi-factorial work stations consisted of core stability and leg station, upper limb and shoulder girdle station, vestibular rehab station, sensory training station, balance training and cardio respiratory station. Following the six weeks of the group programme, patients were reviewed before their discharge. In final review the outcome measures namely Berg Balance Scale, 10 meter walk test and 9 hold peg board test were repeated to check the improvement. The mean scores were taken to find the changes. 15 patients data were used for the audit.

Findings

	Berg Balance Score	10 Meter Walk		9 Hole Peg Board	
	Out of 56	No of steps	Time in sec	Right	Left
Pre mean score	40.73	25.13	17.97	32.79	36.17
Post mean score	47.06	21.4	14.65	27.98	32.11
Difference	+6.33	-3.73	-3.32	-4.81	-4.06

All the patients had shown improvement in their outcome measures following the exercise group.

Conclusion

Multifactorial circuit training carried out in group provided a more holistic physical rehab to MS patient and is an effective way of maximizing their rehab potential as evidenced in the improvement shown in all the outcome measures.