Physiotherapy Use and Access-Barriers in Persons with Multiple Sclerosis

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Abstract

Physiotherapy may aggravate the symptoms of Multiple Sclerosis. Physiotherapy accessibility and possible barriers in persons with MS are not very well known.

Keywords: Multiple sclerosis, Physiotherapy

Introduction

Multiple sclerosis is a chronic degenerative and inflammatory disease of the central nervous system. This mainly occurs in early adulthood. Almost 2 million people are affected worldwide by this disease.

Disease-Modifying treatments are very essential to minimize the damage and the loss and still, there is no specific treatment for multiple sclerosis. The drugs that better the clinical symptoms of Multiple Sclerosis are very rare (1). Therefore these symptoms should be managed with symptomatic forms of therapy like occupational and physical therapies.

Physiotherapy is recommended for the treatment of multiple sclerosis symptoms. It improves the quality of life and maintains mobility (2) and also physiotherapy reduces the gait-related problems (3) and bladder problems (4) will also be reduced. Besides, this physiotherapy may improve balance, reduce the pain (shoulder, neck, joint, and back pain), and reduces fatigue.

It is not widely used in many countries. A very less percentage of people are reported to receive physiotherapy on a regular basis. Campbell et al. (5) reported that physiotherapy access for MS is mostly delayed by mobility, fatigue, continence and transport issues, and the necessity of attendance.

References


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