

## **Abstract**

**Title:** Evaluation of the impact of the current therapeutical procedures on fatigue in patients with multiple sclerosis – literature review.

**Main goal:** The main goal of this thesis is to evaluate which physiotherapeutic approaches are the most effective in relieving fatigue in patients with multiple sclerosis and what is the optimal intervention time to affect it.

A partial goal is to get acquainted with the issue of fatigue in people with multiple sclerosis, the development of its treatment from the point of physiotherapist view of the possibilities of its evaluation.

**Methods:** The master's degree thesis is a literary review of analytical –descriptive character. The work has two parts. The first part contains theoretical background containing knowledge about the current state of affairs, epidemiology, etiology and pathogenesis of the disease, a description of the most common clinical symptoms, examination and diagnosis of the disease, scales assessing the degree of fatigue and treatment in patients with MS.

The second part contains description of data collection according to specified criteria, analysis and interpretation of search results. Electronic databases were used for searching: PubMed, Scopus, Web of Science and Google Scholar. The search was performed using the entered keywords.

**Results:** Based on keywords, a total of 261 studies were found in selected databases. After removing duplicates and reading the full text of the found studies, 5 selected studies were included according to specified criteria. The analysis of these studies shows that combined aerobic, resistant and balance training alleviates fatigue in people with multiple sclerosis. It is proved that the optimal duration of the intervention is the longer one, ie 8 to 12 weeks.

**Keywords:** Multiple sclerosis, Fatigue Impact scale, fatigue, Modified Fatigue Impact Scale, training, physiotherapy