ABSTRACT

**Title:** The effect of physiotherapy on balance in multiple sclerosis

**Objectives:** The aim of this study is to compare efficacy between ambulatory individual physiotherapy and complex inpatient rehabilitation in people with multiple sclerosis on balance and subjective evaluation of general health. In ambulant program to compare effect of different physiotherapeutic methods (Motoric program activating therapy, Manual physiotherapy correction, Reflex Locomotion according to Vojta).

**Methods:** A combined design of study. Ambulant program has randomised assessor blind design, in which subjects were divided into one of the three groups of ambulatory physiotherapy. A clinical study without control arm design is used in case of comparison between complex and ambulatory program. Results were analysed in 45 patients with multiple sclerosis (25 subjects of ambulatory program, 20 subjects of complex program). Subjects of the ambulatory program were divided into one of the three groups of ambulatory physiotherapy (Motoric program activating therapy, Manual physiotherapy correction, Reflex Locomotion according to Vojta), in which they absolved during two months 20 therapies (2-3 times per week, length 60 minutes). Subjects of complex program underwent complex inpatient rehabilitation with duration about 21 days. The clinical examination and questionnaires were carried out before and after the program.

**Results:** Improvement was found in patients in all examined clinical tests and questionnaires in all observed parameters irrespective of the program or group of ambulatory physiotherapy which patients underwent. There wasn’t found significant difference in effect on balance and subjective evaluation of general health between groups of ambulatory and complex program, nor among subjects of each group of ambulatory program.

**Key words:** multiple sclerosis, balance, subjective evaluation of general health, complex rehabilitation, ambulatory physiotherapy, motoric program activating therapy, manual physiotherapy correction, reflex locomotion according to vojta, clinical tests