

## **Summary:**

**Title:** Three-month activity programme and its influence on activity and participation in Multiple Sclerosis patients with mild and moderate degree of disability (EDSS 1-4)

**Aim of the paper:** Evaluation of the activity and participation changes in Multiple Sclerosis patients with mild and moderate degree of disability (EDSS 1-4) after having completed a three month activity programme

**Methodology:** At two equally sized groups (n = 10) of Multiple Sclerosis patients with mild and moderate degree of disability (EDSS 1-4) the activity and participation changes have been examined throughout a three month period, using the MKF (ICF – WHO 2001), WHODAS II and MSQOL-54. The first, experimental group have undergone the three month activity programme. The second, control group of chosen patients have not carried out any regular activity throughout the same time period. The input (before start of the programme) and output (after termination of the programme) results of individual participants have been compared and statistically evaluated.

**Results:** It is concluded that there exists a positive influence of physical activity on participation and activity in everyday life of patients with multiple cerebrospinal sclerosis.

**Keywords:** multiple cerebrospinal sclerosis, three month activity programme, physical condition, MKF (ICF – WHO 2001), WHODAS II, MSQOL-54, activity, participation, disability, quality of life