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INTRODUCTION

Background: Multiple sclerosis is a chronic, autoimmune disease that affects the central nervous system, causing destruction of myelin, a fundamental protein in nerve impulse transmission. The main areas of the CNS affected by MS are the periventricular areas of the brain, optic formations, cerebellum, brainstem and spinal cord

OBJECTIVE

To analyze data to contribute to prove the benefits of conventional physical therapy and Pilates practice in these patients, aiming to compare the change in balance.

METHODS

- We retrospectively analyzed 25 medical records of MS patients undergoing physiotherapy at the Brazilian Multiple Sclerosis Association (ABEM), from 2018 to 2019, using the Berg Balance Scale for pre and post intervention balance assessment. Evaluations were made before the start of treatment and 4 months after. It were 16 sessions, once a week, for 1 hour.
- Participated of the study 21 females and 4 males, aged 21 to 77 years and EDSS from 0 to 6,5.

The efficiency of using the Pilates method (Group A: muscle strengthening of the lower limbs, upper limbs and trunk, balance training, central stabilization and posture) was also compared with the participation of 12 patients out of 25 evaluated; compared with conventional physiotherapy (Group B: muscle strengthening of the lower limbs, upper limbs and trunk, global stretching, static and dynamic balance training, sensory and gait training) with participation of the other 13 patients out of the 25 evaluated.

RESULTS

In the balance evaluation, verified by the Berg scale, both methods showed improvement, conventional, $p = 0.015$, Pilates method, $p = 0.004$, again the methods showed improvement, being the Pilates method with better efficiency.

Variables	n	pre	post	(p)
BERG				
Group A	12	46,5	50	0,004
Group B	13	42	52	0,015

CONCLUSIONS

Both methods presented good results, and the Pilates method presented better results than conventional physiotherapy.

REFERENCES

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