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## INTRODUCTION

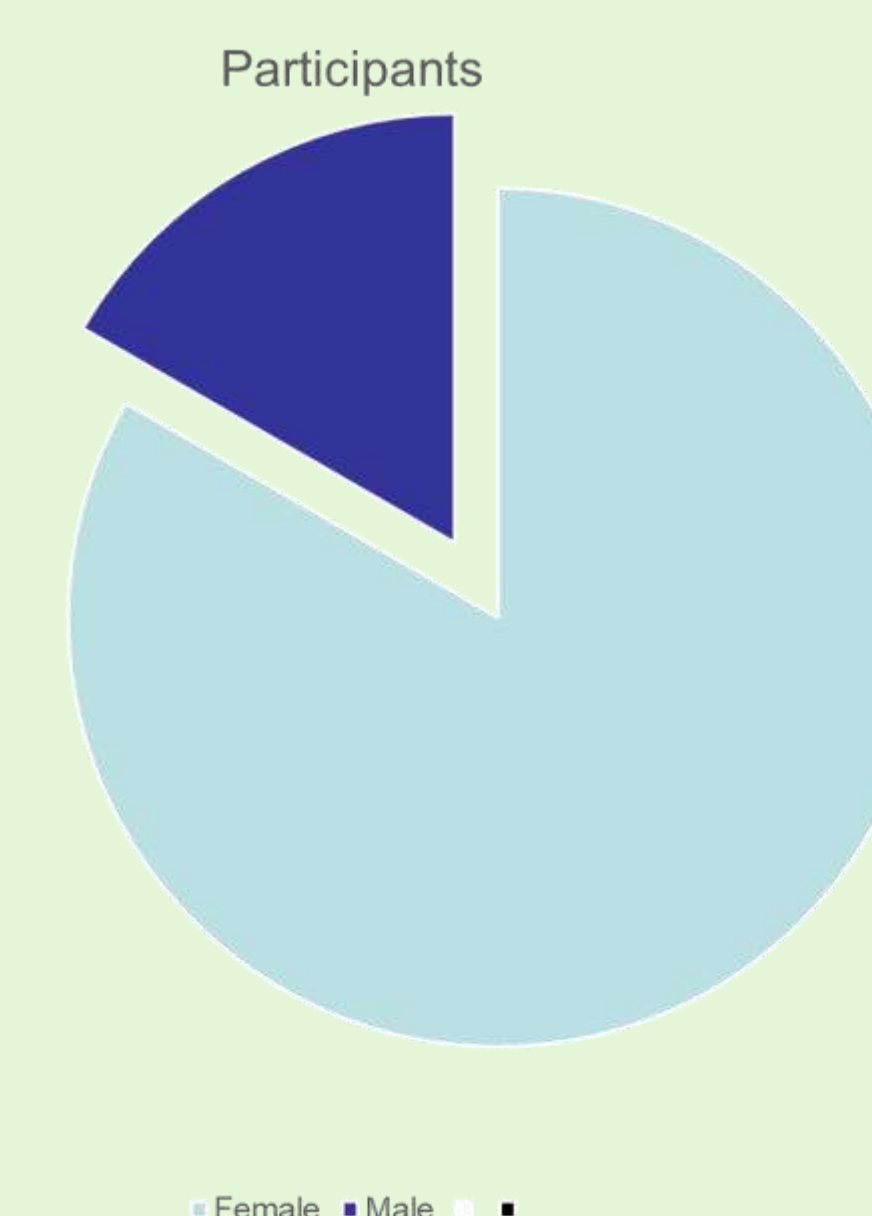
Multiple sclerosis (MS) is a chronic inflammatory demyelinating autoimmune disease of the central nervous system that produces a variety of potentially disabling symptoms that causes a high degree of impairment in the daily routine of MS patients and recognition of this problem is crucial for understanding the importance of further studying your assessment.

## OBJECTIVE

To analyze the quality of life of patients with relapsing remitting multiple sclerosis before and after Pilates treatment.

## METHODS

- We retrospectively analyzed 12 medical records of patients with MS who underwent physiotherapy at the Brazilian Multiple Sclerosis Association (ABEM), from 2018 to 2019.
- Participated of the study 10 females and 2 males, aged 21 to 60 years and EDSS from 0 to 6,5.



- It was used Multiple Sclerosis Quality of life-54 (MSQOL-54) for quality of life assessment after intervention. The treatment last 4 months and the session last 1 hour, once a week.

## RESULTS

The MSQOL-54 scale is subdivided into two parts, Physical Health and Mental Health. In the post-intervention period, Physical Health reached  $p = 0.009$  and Mental Health  $p = 0.028$ , which showed one in the patients' quality of life.

Variables	n	pre	post	(p)
<b>MSQOL-54</b>				
<b>Physical Group</b>	12	43,25	57,4	0,009
<b>Mental Group</b>	12	36,25	46	0,028

## CONCLUSIONS

Pilates provides effective for improving the quality of life of multiple sclerosis patients.

## REFERENCES

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