

A systematic review of physiotherapy interventions for multiple sclerosis (MS)

Rangarajan, P.¹ & Hoare, L.²

1 Community Based Rehabilitation, Western Health – Sunshine Hospital Campus, 176 Furlong Rd St Albans VIC 3021, Priya.Rangarajan@wh.org.au

2 Community Based Rehabilitation, Western Health – Sunshine Hospital Campus, 176 Furlong Rd St Albans VIC 3021, Lisa.Hoare@wh.org.au

Background: The physical and psychological sequelae of multiple sclerosis (MS) are well documented (Marrie et al., 2009). However, optimal physical interventions for use in this client group are not clearly understood. There is a dearth of ‘best practice’ evidence for the role of balance and gait interventions in the context of MS. The progressive nature of MS also complicates the ability to evaluate the role of physiotherapy interventions for balance and gait. Recent studies have included the application of physiotherapy interventions through ‘mindful movement’ (Mills & Allen, 2000).

Method: A comprehensive review of the physiotherapy literature in the context of MS was systematically conducted using relevant databases, including Medline, Cinahl, Embase, Cochrane and Joanna Briggs Database.

Results: The results of the systematic review will be discussed in a narrative format, with implications for clinical practice in community rehabilitation settings specifically explored.

Discussion: The findings highlight the potential for integration of physiotherapy in ‘mindful movement’ interventions.