

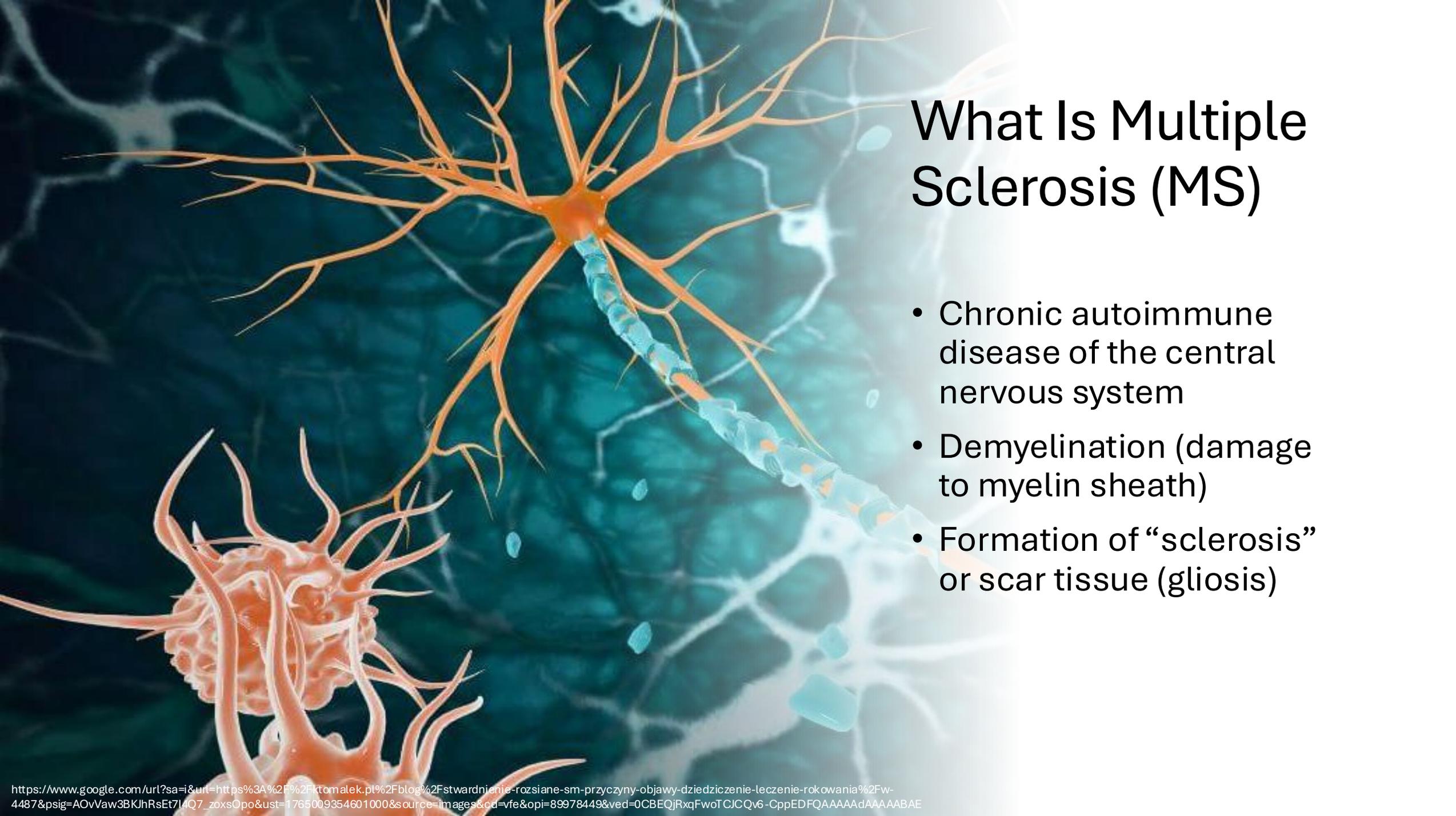


Multiple Sclerosis

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Prezentacja egzaminacyjna z przedmiotu - Język angielski
specjalistyczny 3 Rok Fizjoterapia JMS

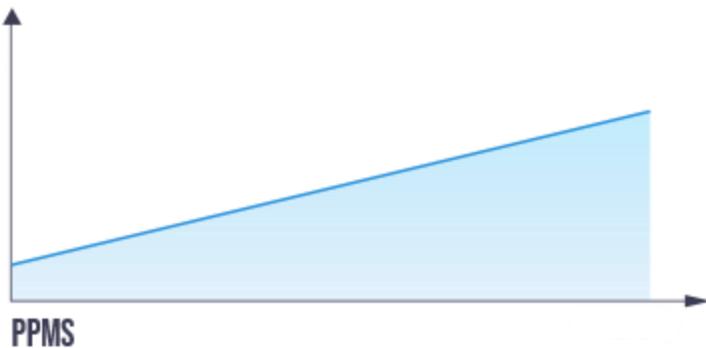
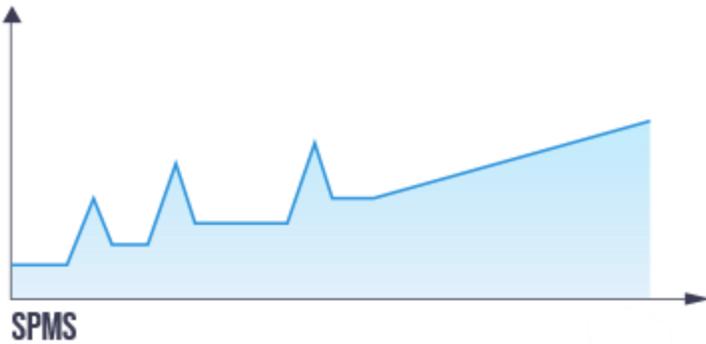
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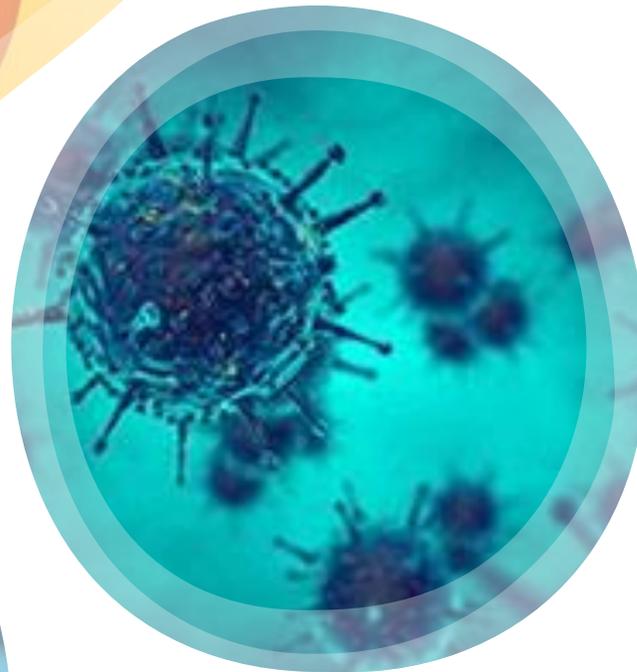
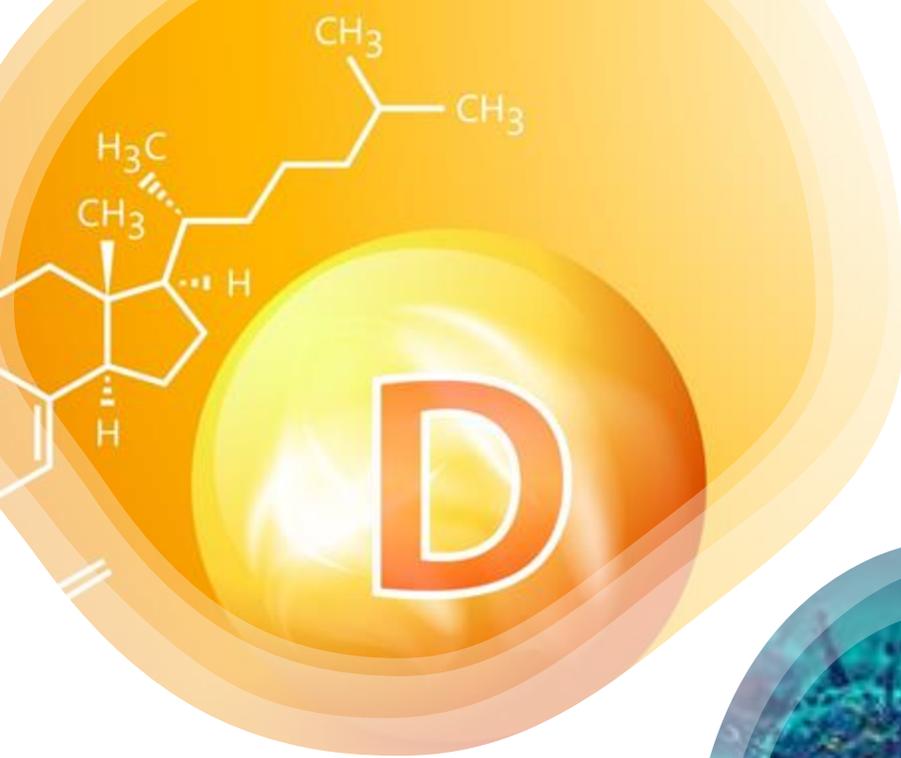
What Is Multiple Sclerosis (MS)

- Chronic autoimmune disease of the central nervous system
- Demyelination (damage to myelin sheath)
- Formation of “sclerosis” or scar tissue (gliosis)

Types of MS



- Relapsing-Remitting MS (RRMS)
- Secondary Progressive MS (SPMS)
- Primary Progressive MS (PPMS)



Causes and Risk Factors

- Genetic predisposition (family history)
- Most common in young adults (20–40 years)
- More frequent in women
- Environmental factors: infections, vitamin D deficiency (theory)
- Immune system dysregulation

Common Symptoms

MULTIPLE SCLEROSIS

- Fatigue
- Motor symptoms: weakness, spasticity, coordination problems
- Sensory symptoms: numbness, tingling
- Visual disturbances: optic neuritis, double vision
- Cognitive deficits, mood changes

Diagnosis

- Clinical evaluation + neurological exam
- MRI of brain and spinal cord (plaques)
- Evoked potentials (visual, somatosensory)
- Cerebrospinal fluid (CSF) analysis





Rehabilitation: Importance in MS

- Rehabilitation essential in comprehensive care
- Improves daily functioning and quality of life
- Multidisciplinary approach (physical therapy, occupational therapy, etc.)

Physiotherapy Approaches in MS

- Aerobic exercise (cycling, walking)
- Resistance training / strength exercises
- Balance and coordination training (e.g., task-oriented)
- Core stability exercises
- Aquatic therapy / water-based exercises

Benefits & Safety of Exercise in MS



Benefits: reduced fatigue,
improved walking,
balance, quality of life



Participation in everyday
life increases with training



Safety: low risk of adverse
events; exercise generally
well tolerated



Challenges & Barriers

- Fatigue can limit motivation and adherence
- Temperature sensitivity (heat intolerance)
- Variability in disability: need for individualized programs
- Inconsistent outcome measures in research

Vocabulary

- Relapse – rzut
- Spinal cord – rdzeń kręgowy
- Chronic – przewlekły
- Myelin – mielina
- Nerve fibers – włókna nerwowe
- Damage – uszkodzenie
- Flare-ups - zaostrzenia
- Lesion – zmiana patologiczna
- Tingling – mrowienie



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Thank You

