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Efficacy of trans-cranial magnetic therapy on fatigue in patients with multiple sclerosis

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Background: The aim of this work was to investigate the efficacy of Trans-cranial Magnetic Therapy (TMT) on Fatigue in Multiple Sclerosis patients. It was conducted in outpatient clinic in Faculty of Physical Therapy, Cairo University.

Subjects & Methods: Thirty Multiple Sclerosis patients from both sexes represented the sample of this study. The patient's age ranged from twenty to forty years. They were assigned randomly into two equal groups; the study group (GA) and the control group B (GB). The assessment of fatigue is done before and after treatment for both groups by Fatigue Severity Scale (FSS) and Fatigue Assessment Scale (FAS). Assessment of Multiple Sclerosis symptoms was done before and after treatment for both groups by expanded disability status scale (EDSS). Study group (GA) treated by TMT (Low intensity and low frequency) in addition to a selected physical therapy program for fatigue in Multiple sclerosis patients (Treadmill training, bicycle training and deep diaphragmatic breathing exercises). Control group (GB) treated by the same program of treatment for Fatigue only as the GB without TMS. The duration of treatment was six weeks, three times weekly and day after day.

Results: Comparison of the mean value of each variable pre and post treatment in each group revealed a significant improvement in all different parameters in both groups; however comparison between post results of both groups revealed that the study group (GA) showed a high significant improvement compared to the control group (GB) in all different variables ($p < 0.01$ for all), so application of TMT with low intensity and low frequency had a positive effect in decreasing MS fatigue.

Biography

Ahmed Shawky Ali has completed his MSc from Cairo University. He is an Assistant Lecturer at PT department for Neuromuscular Disorders and its Surgery, Physical Therapy, Cairo University, Egypt.

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