



National Institute for Empowerment of Persons with Multiple Disabilities (Divyangjan) (NIEPMD)

Department of Empowerment of persons with disability (Divyangjan)

Ministry of social justice & Empowerment, Government of India (~Accredited by NAAC~)

DEPARTMENT OF THERAPUTICS PHYSIOTHERAPY DIVISION

MULTIPLE SCLEROSIS

World Multiple Sclerosis (MS) day is observed on May 30th to raise awareness and support for everyone affected with MS with this year's theme - CONNECTIONS



Multiple sclerosis is a demyelinating neurological disorder that affects nearly

2.8 million people globally. It is thought to be an immune mediated disease in which the body's immune system attacks myelin, the fatty substance that surrounds and protects the nerve fibers of central nervous system.

When any part of the myelin sheath or nerve fiber is damaged or destroyed, nerve impulse traveling to and from brain and spinal cord are altered or stopped.

SYMPTOMS

- Fatigue and Muscle weakness
- Tingling, Numbness and Painful sensations
- Slurred speech
- Blurred vision
- Poor balance and coordination
- Muscle tightness
- Tremors
- Bowel bladder problems

IS THERE A CURE FOR MS?

Although there is no cure yet, people with MS currently have a range of available therapies to help manage the disease and its symptoms.

MEDICAL MANAGEMENT

- Corticosteroids
- IV immunoglobulin
- Plasma exchange

- Interferon

MANAGING MS THROUGH REHABILITATION

The goal of rehabilitation is to maximize your independence and participation in everyday life.

The rehabilitation program includes

- Muscle Stretching and Strengthening
- Bed and wheelchair mobility and transfer practice
- Retraining muscles to improve function
- Aerobic exercise
- Gait training
- Use of assistive devices like cane, crutches, wheelchair etc.
- Balance training
- Fatigue management and pacing of activities.

Reference: National MS Society Brochure, USA
<https://worldmsday.org/>