

Original Paper

Comparison of core stabilization, theraband resistance and combined training on functional endurance and postural control in male patients with multiple sclerosis

Moradi B (M.Sc)^{*1}, Shojaedin S (Ph.D)², Hadadnazard M (Ph.D)³

¹M.Sc in Corrective Exercise and Sport Injury, Kharazmi University of Tehran, Tehran, Iran.

²Associate Professor, Corrective Exercise and Sport Injury, Kharazmi University of Tehran, Tehran, Iran.

³Assistant Professor, Corrective Exercise and Sport Injury, Kharazmi University of Tehran, Tehran, Iran.

Abstract

Background and Objective: Multiple sclerosis (MS) is one of the most common diseases in the central nervous system, caused by damage to myelin sheath. This study was done to compare the effect of eight weeks of core stabilization, theraband resistance and combined training on functional endurance and postural control in male patients with MS.

Methods: In this quasi-experimental study, 40 male patients with MS were non-randomly divided into three experimental and one control groups (each group, n = 10, age range 25 to 35 years, BMI between 20 and 25, and physical disability scale of 1 to 5.4). Core stabilization, theraband resistance and combined training, balance berg test and 6-minute walk test were performed in order to exercise protocols.

Results: Capacity movement and postural control were significantly improved in experimental groups in comparison with control group (P<0.05). The most variability was related to the combination of training program.

Conclusion: Eight weeks of core stabilization, theraband resistance and combined training improves functional endurance and postural control in men with MS.

Keywords: Multiple sclerosis, Core stabilization, Theraband resistance, Functional Endurance, Postural control

* Corresponding Author: Moradi B (M.Sc), E-mail: b_moradi91@yahoo.com

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