

Role of Physiotherapy in Enhancing Mobility in Patients with Multiple Sclerosis

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Abstract

Patients who suffer from multiple sclerosis (MS), a neurological disorder that is persistent, experience considerable limitations in their movement, balance, and overall quality of life. Through the treatment of muscle weakness, stiffness, and coordination difficulties, physiotherapy is an essential component in the management of the physical deficits that are associated with multiple sclerosis (MS). Physiotherapy interventions are designed to increase functional mobility, reduce fatigue, and promote independence in day-to-day activities. These goals are accomplished through the development of individualised treatment regimens. An examination of the effectiveness of physiotherapy in improving mobility for individuals with multiple sclerosis, with a particular emphasis on evidence-based methods such as gait training, strength training, balancing exercises, and task-specific functional activities respectively. Furthermore, it emphasises the significance of adaptive methods and assistive technologies in order to address the various degrees of disability that are associated with multiple sclerosis. Studies have shown that continuous physiotherapy not only improves motor function but also reduces the risk of secondary problems, such as joint stiffness and deconditioning, which can make mobility difficulties even more difficult to manage. Physiotherapy makes a vital contribution to the holistic management of multiple sclerosis (MS) by encouraging patients to lead active lifestyles and developing patient confidence. This results in an improvement in both the patient's physical and psychological well-being.

Keywords: Physiotherapy, Multiple Sclerosis, Mobility, Gait Training, Balance, Neurodegenerative Disorders, Functional Independence.

Introduction

The neurological condition known as multiple sclerosis (MS) is a persistent and progressive condition that impacts the central nervous system. As a result, it can cause a variety of impairments in motor and sensory functions. MS can have a number of severe effects, one of the most debilitating being reduced mobility, which can have an effect on balance, gait, and total functional independence. Not only do these mobility issues impair the patients' physical capacities, but they also have a substantial impact on the patients' psychological well-being and quality of life. Physiotherapy has become an essential component in the management of multiple sclerosis (MS) due to its ability to provide focused interventions that address the multifaceted and ever-changing nature of the disease. Physiotherapy stands in contrast to curative treatments since its primary goals are to maximise physical function, reduce

impairment, and improve adaptability to progressive changes. Strengthening exercises, training for balance and coordination, gait rehabilitation, and measures for energy conservation are all important areas of intervention, and each of these areas is customised to meet the specific requirements of the particular patient. Because of its unexpected progression and a wide range of symptoms, multiple sclerosis (MS) provides a unique set of issues when it comes to mobility management. These symptoms include muscle weakness, stiffness, fatigue, and sensory loss. The presence of these elements necessitates an approach that is both all-encompassing and adaptable, allowing physiotherapy to accommodate the ever-changing requirements of patients throughout the course of the disease. physical therapy plays a crucial part in improving mobility for people who have multiple sclerosis. The purpose of this article is to illustrate how physiotherapy can help alleviate the effects of multiple sclerosis (MS) on mobility, while also promoting independence and contributing to a higher quality of life. This will be accomplished by evaluating evidence-based methods and the most recent breakthroughs in therapeutic treatments. This study highlights the significance of physiotherapy as an essential component of the long-term treatment strategy for patients with multiple sclerosis by utilising a multidisciplinary approach.

The Role of Physiotherapy in MS Management

With multiple sclerosis (MS), physiotherapy is an essential component in the management of symptoms and the enhancement of quality of life for those who are affected by the condition. MS is a neurodegenerative illness that progresses in an unpredictable manner, which presents a unique set of issues that need for interventions that are both individualised and dynamic. The goal of physiotherapy is to address these problems by concentrating on conserving and improving mobility, reducing symptoms, and developing functional independence.

Objectives of Physiotherapy in MS

- **Improving Mobility:** Gait, balance, and total physical function are all areas that are targeted by interventions in physiotherapy practices.
- **Alleviating Symptoms:** The management of spasticity, muscle weakness, and exhaustion can be accomplished by the use of techniques such as stretching and strength training.
- **Preventing Secondary Complications:** Movement on a regular basis lowers the likelihood of developing joint stiffness, contractures, and deconditioning.
- **Promoting Independence:** A primary objective is to provide patients with the ability to carry out their everyday activities with little support.
- **Adapting to Disease Progression:** For each patient, physiotherapists create individualised treatment plans that progress in tandem with the patient's condition..

Key Physiotherapy Approaches in MS Management

- **Strength and Endurance Training:** In addition to addressing muscular weakness, the exercises in this series are designed to enhance both physical capacity and functional strength.

- **Balance and Coordination Exercises:** Proprioceptive training and stability exercises are two examples of interventions that can help lower the chance of falling and improve postural control during exercise.
- **Gait Rehabilitation:** Correcting walking patterns is the primary emphasis of gait training, which frequently involves the utilisation of assistive devices or other cutting-edge technologies.
- **Fatigue Management:** The management of fatigue caused by multiple sclerosis can be aided by energy conservation measures and low-intensity aerobic workouts.
- **Stretching and Flexibility Exercises:** In addition to alleviating spasticity, these also enhance the range of motion in the joints that are afflicted.

Multidisciplinary Collaboration

As part of the management of multiple sclerosis (MS), physiotherapy frequently collaborates with other medical specialities, such as occupational therapy, speech therapy, and psychological counselling, in order to provide full rehabilitation services. Through this collaboration, rehabilitation programs are able to better meet the varied requirements of people with multiple sclerosis, hence increasing their overall effectiveness.

Patient-Centered Approach

- **Individualized Treatment Plans:** On the basis of the patient's symptoms, the progression of the disease, and their own goals, physiotherapy programs are tailored to the individual.

Empowering Patients: Patients are encouraged to take an active role in the management of their disease through the provision of education regarding exercises and self-care measures, which is an essential component of physiotherapy.

Physical therapy not only helps patients with multiple sclerosis (MS) improve their mobility, but it also makes a substantial contribution to the patient's overall quality of life by addressing the physical and functional deficits that are associated with the disease. The fact that it is both dynamic and adaptive makes it an essential component of the care of multiple sclerosis (MS), providing patients with hope and support as they navigate the obstacles that come with this complicated condition.

Conclusion

The holistic care of multiple sclerosis (MS) includes physiotherapy as an essential component. Physiotherapy offers considerable benefits in addressing the numerous mobility problems that are associated with the condition. Physiotherapy gives patients the ability to regain their independence and improves their quality of life by implementing specific interventions such as strength training, balancing exercises, gait rehabilitation, and fatigue management. These therapies not only increase functional mobility but also empower patients to regain their independence. Because of the progressive and unpredictable character of multiple sclerosis (MS), it is necessary to have a patient-centered and flexible approach, with individualised treatment plans that may be adapted to changes in the patient's demands. In addition, physiotherapy plays a significant part in the prevention of secondary problems, such as joint

stiffness and muscle atrophy, while also addressing psychological barriers to mobility, such as a fear of falling and a decrease in self-confidence. Physiotherapy has expanded its scope and influence in spite of the constraints that are presented by restricted access to resources and the diversity of symptoms associated with multiple sclerosis (MS). These challenges have been overcome by innovations in treatment techniques, such as the utilisation of assistive technologies and virtual reality. A further benefit of incorporating physiotherapy into multidisciplinary treatment models is that it provides patients with comprehensive support that addresses not only the physical but also the emotional and social elements of the disease. Physical therapy is an essential component in the management of multiple sclerosis (MS), as it helps patients develop resilience, mobility, and overall well-being. Physiotherapy not only lessens the effects of multiple sclerosis (MS) but also provides patients with the resources they need to manage their journey with more self-assurance and optimism. This is accomplished by placing an emphasis on a proactive and dynamic approach.

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