

Target Area: Fatigue & Low Work Tolerance

<p>Oken, Kishiyama, Zajdel, Bourdette, Carlsen et al (2004). <i>Randomized Controlled Trial of Yoga and Exercise in Multiple Sclerosis</i>. <i>Neurology</i> 62(11) : 2058-2064</p>	<p>PEDro score - 6/10</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p>Design:</p> <p>Y Studytype: RCT.</p> <p>Y Population: n=57 study completers, 7% male. All had clinically definite participants of Multiple Sclerosis, with an Expanded Disability Status Score ≤ 6.0.</p> <p>Y Groups:</p> <ol style="list-style-type: none"> 1. Iyengar yoga group (n=22, M=48.8\pm10.4) years. 2. Exercise class group (n=15, M=49.8\pm7.4) years. 3. Wait list control group (n=20, M=48.4\pm9.8) years. <p>Y Setting: Community setting.</p> <p>Primary outcome measure/s:</p> <p>Y Measures of attention (Stroop Color and Word Test, a shifting attention task, modified Useful Field of View task).</p> <p>Y Measures of alertness (Stanford Sleepiness Scale, Profile of Mood States subscales, EEG frequency analysis).</p> <p>Secondary outcome measure/s:</p> <p>Y Mood: State-Trait Anxiety Inventory, POMS and CESD-10 for depression.</p> <p>Y Fatigue: Multi-dimensional Fatigue inventory (MFI), and Energy and Fatigue Subscale of SF-36.</p> <p>Y Quality of life: SF-36 Health Survey.</p> <p>Y Basic physical measures of flexibility and balance.</p> <p>Result: Treatment using either the yoga or exercise class was effective in improving fatigue (as measured by the MRI General Fatigue score and the SF-36 Energy and Fatigue scale) when compared with the control group. No significant effects were observed however for cognitive function, alertness, mood, or on the physical measures included.</p>	<p>Aim: To enhance cognitive function, fatigue, mood and quality of life through yoga or aerobic exercise.</p> <p>Materials: For yoga: chair; for exercise: stationary exercise bicycle during sessions and for home, Swiss ball.</p> <p>Treatment plan:</p> <p>Y Duration: 26 weeks (39 contact hours in total for yoga).</p> <p>Y Procedure: 90 min session per week for yoga, weekly session for exercise group (no set length specified).</p> <p>Y Content:</p> <ul style="list-style-type: none"> - <i>Iyengar Yoga</i>: Some modifications to a usual yoga class such that all poses were supported either a chair or by having the participant on the floor/against a wall. 19 poses were instructed in total (although not all each week), each held for approximately 10-30 seconds with rest periods between poses of 30 seconds to 1 minute. Breathing for concentration and relaxation was emphasized during the session. Each class ended with a 10 minute deep relaxation, using progressive relaxation, visualization and meditation techniques while the participant is lying down. Home practice was encouraged and an instruction booklet was given - <i>Exercise group</i>: 5 mins of stretching of cycling muscles for 15-30 seconds while breathing. Bicycling at the 2-3 or very light to moderate intensity (ie able to converse during the session). Periodically, exercising on the Swiss ball was provided as an option, as well as some arm, trunk and balance work while cycling. Participants bicycle until they fatigue or reach their personal goal. 5 minutes of stretching at the end. Exercise at home on bicycles or other modes of exercise was encouraged.



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