

Balance Training - Multiple Sclerosis

During the autumn of 2011, and in cooperation with the Sclerosis Society of Denmark, two surveys were carried out in order to establish the balance increasing and pain relieving effects of the MEDICOVI-insoles in relation to MS patients. A questionnaire survey was carried out with 78 patients participating and another survey was performed with 8 patients where electronic measurements were performed.

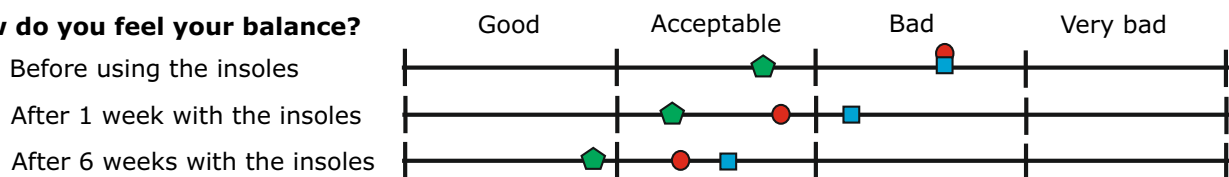
60% of the participants in the questionnaire survey registered an immediate balance improvement and a further improvement after 6 weeks. Another 20% registered a small positive change of the balance.

The questionnaire contained questions relating to the patients maximum walking distance without any aid. Going through the results from the survey the patients were placed in one of three groups, i.e. 0-100m, 101-999m and more than 1km. It is interesting to note that one half of the patients in the 0-100m group registered a significant increase of the balance as well as a significant increase of the mobility.

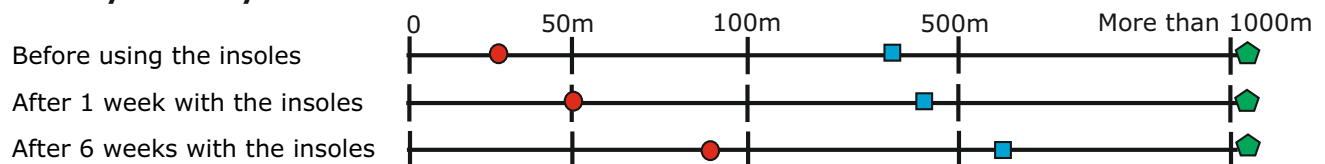
Walking without aids

● 0 to 99 m (11 Participants) ■ 100 to 999 m (21 Participants) ◆ More than 1000m (12 Participants)

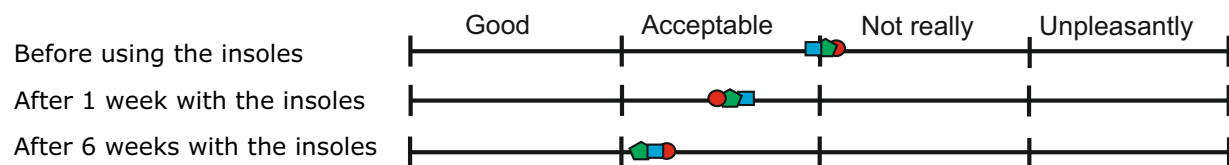
How do you feel your balance?



How far do you think you can walk without aids?



Are you keeping warm around your feet and legs?



The electronic balance measurements in the other survey showed that the insoles influence the balance for all patients, but because of the nature of the illness not all patients could take advantage of the balance-help provided by the insoles.

Two of the patients taking part in this survey were using drop foot braces. When using MEDICOVI-insoles, both patients could walk without these braces.

The study also shows:

- that the insoles provide increased blood circulation in the feet with consequent warm feet, which is highlighted by many positively.
- that the insoles for many have given a pain-relieving effect in the musculoskeletal system.