

# Group exercise therapy for mobility and balance in people with multiple sclerosis

<b>Submission date</b> 27/03/2008	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 17/10/2008	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 21/10/2010	<b>Condition category</b> Nervous System Diseases	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Andrea Lowe-Strong

**Contact details**  
Senior Lecturer  
University of Ulster  
Health and Rehabilitation Sciences Research Institute  
Shore Road  
Newtownabbey  
Northern Ireland  
United Kingdom  
BT37 0QB  
+44 (0)2890 368052  
a.lowe@ulster.ac.uk

## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**

Group exercise therapy for mobility and balance in people with multiple sclerosis: a randomised controlled trial

### **Study objectives**

To determine whether group exercise therapy can improve mobility, balance, self-efficacy and quality of life in people with multiple sclerosis (MS).

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

NHS Office for Research Ethics Committees Northern Ireland (ORECNI), approved in 2007 (ref: 07/N1R01/5)

### **Study design**

Single-blind, randomised, single-centre trial

### **Primary study design**

Interventional

### **Study type(s)**

Treatment

### **Health condition(s) or problem(s) studied**

Multiple sclerosis with balance and mobility problems

### **Interventions**

The exercise group will attend an exercise class twice per week for 6 weeks. The exercises will consist of 8 different stations and will be staged according to ability. Each class will last approximately 90 minutes with 10 minutes warm up, 3 minutes per exercise, 3 minutes rest in between and a cool down period/discussion time at the end.

There is no intervention for the control group. At the end of the study period they will be offered 1-2 workshops (as necessary) at the end of the trial to teach them the exercises that were offered to the experimental group.

### **Intervention Type**

Other

### **Phase**

Not Specified

### **Primary outcome(s)**

Rivermead Mobility Index, assessed at baseline, immediately after the 6 weeks of intervention, and 3 and 6 months following discharge from the intervention. Analysis will be conducted on an intention to treat basis.

### **Key secondary outcome(s)**

The following will be assessed at baseline, immediately after the 6 weeks of intervention, and 3 and 6 months following discharge from the intervention:

1. Berg Balance Scale

2. The Multiple Sclerosis Impact Scale (MSIS-29)
3. Multiple Sclerosis Walking Scale-12
4. Barthel Index
5. MS Self-efficacy Scale

Analysis will be conducted on an intention to treat basis.

**Completion date**

01/06/2011

## Eligibility

**Key inclusion criteria**

1. Confirmed diagnosis of MS
2. Male or female, over 18 years of age
3. In a stable phase of their MS
4. Cognitively they must have a Score of 6 or more in the 10-point mini mental score (Hodkinson, 1972)
5. A minimum score of 14 on the Rivermead Mobility Index

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

1. The Expanded Disability Status Scale (EDSS) >7.00
2. Serious other medical or surgical condition

**Date of first enrolment**

01/03/2008

**Date of final enrolment**

01/06/2011

## Locations

**Countries of recruitment**

United Kingdom

Northern Ireland

### Study participating centre

Senior Lecturer  
Northern Ireland  
United Kingdom  
BT37 0QB

## Sponsor information

### Organisation

University of Ulster (UK)

### ROR

<https://ror.org/01yp9g959>

## Funder(s)

### Funder type

Government

### Funder Name

The Research and Development Office, Northern Ireland Health and Social Services Central Services Agency (United Kingdom) (grant ref: RRG 8.5-RRG/3277/05)

## Results and Publications

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Abstract results</a>	Pilot study presented at 'World Physical Therapy ' Abstract can be found on page 325	02/06/2007		No	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes