

Investigation of the effect of exercise in water on the quality of life of the patients with multiple sclerosis

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Background and goals: Multiple sclerosis is one of the diseases of central nervous system that has a progressive nature and affects the physical and spiritual situation of patients. It can affect chiefly the quality of life and since the quality of life has many aspects, some factors like exercise can affect them; therefore the researchers decided to investigate the effect of exercise in water as one of the exercises and as an agent for enhancement of health and emotional status and therefore the quality of life on this disease.

Method: This research is a semi experimental, futuristic, single group research that was performed on 22 patients chosen by simple random sampling. The standard sf-36 questionnaire was used and data were gathered by interview before and after exercise in water. The data were analyzed by S.P.S.S software and t test.

FINDINGS: Most of the samples were between 24-28 years old and 68/2% of samples were married and 45/5% of them were high school graduates. The t test showed the significant analytical differences between aspects of quality of life before and after of exercise in water.

Conclusion: The findings of this research revealed that the score of quality of life after exercise in water had significant analytical differences in comparison with these score before exercise; in other words exercise in water had a significant effect on the quality of life of patient with multiple sclerosis.

Key words: Multiple Sclerosis – Exercise in water – Quality