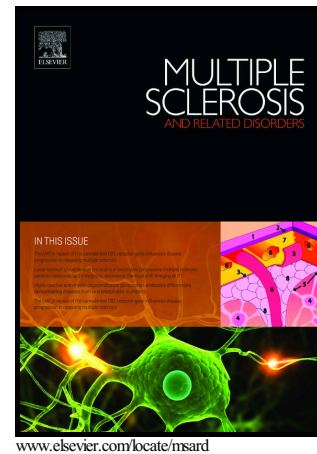


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Physical activity and disability outcomes in multiple sclerosis: a systematic review (2011-2016)

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Abstract

Background

Physical activity may be neuroprotective in multiple sclerosis (MS). One review (2011) of exercise and MS disability was inconclusive, but highlighted the need for more studies.

Objective

To perform an updated systematic literature review examining the relationship between physical activity and physical ability outcomes in persons with MS.

Methods

EMBASE and MEDLINE were searched for original interventional studies (2011-2016) evaluating exercise on quantitative outcomes of physical disability in MS. We also assessed any reported adverse outcomes.

Results

Of the 154 articles identified, 12 were included; 3 examined endurance training; 6 resistance training, and 3 explored less conventional exercises, specifically, tai chi, kickboxing, and

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