Improving the Walking Ability of MS Patients: Study Results

BACKGROUND

Difficulty walking, or chronic gait deficit, is one of the most common mobility limitations in people with MS. Current management may include exercise, pharmacology, functional electrical stimulation, compensatory strategies, use of assistive devices, and implanted electrical devices.

93,500

Estimated number of people living with Multiple Sclerosis in Canada.

50-80%

Percentage of people with MS who report difficulty walking, also known as gait deficit.

The PoNS™ or Portable Neuromodulation Stimulator, when used with physical therapy, is believed to enable the brain's ability to strengthen the neural connections associated with balance and walking.

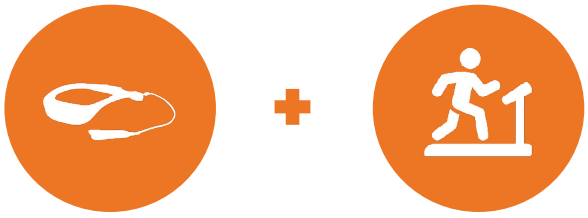
METHODS

The study included 20 participants who had identified gait deficits due to the effects of MS.

The duration of the study was 14 weeks with 2 phases: 2 weeks of twice-daily gait and balance training in-clinic while using the PoNS™, followed by 12 weeks of the same daily routine at home.

All participants performed the same training over the period of the study, tested at the beginning and end of the first phase, and every 4 weeks during the second phase.

RESULTS



95% of all study patients experienced improvement in their gait however, the PoNS Treatment™ group, on average, had **two times more improvement** in their gait scores.

KEY TAKEAWAY

This study suggests that tongue-based neurostimulation may amplify the benefits of exercise for improving the walking ability of people with mild-to-moderate symptoms from MS.

Scan to read the study

PoNS™ is intended for use as a short term treatment (14 weeks) of chronic balance deficit due to mmTBI and is to be used in conjunction with physical therapy. Talk to your healthcare provider to see if PoNS™ is right for you.
To learn more visit: ponstreatment.ca

PoNS™