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**Degree, affiliation:** physiotherapist NDT, kethis-hetrics, MSc in MBA, International University of Greece and Msc in kinesiology

**Curriculum vitae:**

**PROFESSIONAL EXPERIENCE**

1984 to 1994 (10 years) Ministry of Health Rehabilitation Center for severe handicapped children.  
1994 to 2020 (26 years) Ministry of Education, Special Education schools of primary and secondary education.

2005 to 2021 (16 years) President of Board Directors of Therapeutic Horse Riding Center of Serres (KETHIS-HETRICS) in the Prefecture of Neos Skopos

**TEACHING EXPERIENCE**

2014 until now: Teaching the course of Hippotherapy at the department of Postgraduate Pediatric Physiotherapy at International Hellenic University at Thessaloniki. Specialization in AUTISM, in hippotherapy in Goteborg, 2 courses AHA oral presentations. World Congress in Budapest 2003, Brazil in 2006, in Münster, Germany in 2009, in Greece in 2012, many others conferences all over Greece.

**Category:** Oral presentation abstract

**Topic:** Disabilities & Symptoms

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**Title:** THE EFFECT OF EQUINE ASSISTED PHYSIOTHERAPY ON STATIC AND DYNAMIC BALANCE, WALKING PERFORMANCE AND QUALITY OF LIFE WITH PEOPLE MULTIPLE SCLEROSIS

**Keyword 1:** multiple sclerosis

**Keyword 2:** equine assisted physiotherapy

**Keyword 3:** research

**Abstract:**

**Objective:** Multiple Sclerosis (MS), a disease characterized by immune system dysfunction, presents a spectrum of symptoms affecting various aspects of patients' lives, including balance, gait, and quality of life. This study aimed to assess the impact of 16 sessions of equine assisted physiotherapy on these parameters in individuals with MS.

**Design:** Eleven participants formed the intervention group, receiving equine assisted physiotherapy twice a week for 30 minutes, followed by a 10-minute off-horse exercise regimen. An equal number of

participants formed the control group, maintaining their daily routines without any additional interventions. Measurements of static and dynamic balance, gait ability, and quality of life were taken using validated assessments pre-intervention, post-intervention, and at a 6-week follow-up.

**Results** indicated significant improvement in the intervention group across all measured parameters, including the Timed Up and Go (TUG) test, mini-Balance Evaluation Systems Test (miniBESTest), Modified-6 Minute Walk Test (M-6MWT), and quality of life scores. These improvements were sustained at the 6-week follow-up assessment. Conversely, the control group did not exhibit significant changes in any measured parameters.

**Conclusion:** Equine assisted physiotherapy emerges as a promising adjunctive intervention for individuals with MS, offering tangible benefits in terms of enhancing balance, gait, and quality of life.