

عنوان مقاله:

The effect of exercise training in MS with functional fatigue : a review article

محل انتشار:

اولین همایش بین المللی فیزیولوژی ورزشی (سال: 1402)

تعداد صفحات اصل مقاله: 8

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خلاصه مقاله:

Background and purpose : MS with functional fatigue (MS) is a progressive degenerative disease in the central nervous system, the inflammatory process of which causes a decrease in the quality of life and various movement problems. Recent studies show that exercise can be used to improve this disease. In the present study, the effect of sports exercises in MS with functional fatigue has been investigated. Materials and methods : In order to obtain scientific articles from ۲۰۰۰ to the end of ۲۰۲۲, search for keywords related to the present study, including: sport exercises, and MS with functional fatigue from the databases Google Scholar, SPORTDiscus, IranDoc, PubMed, Web of Science, Science Direct and Scopus was done. Sports exercises used to improve these patients were used. Findings : A total of ۱۹۶ articles were found, by limiting the search, removing irrelevant and repeated studies, and after reviewing the titles, abstracts and full texts and more detailed evaluations and checking the entry and exit conditions of the study, ۳۰ articles related to the present research topic were found. Although there are many differences of opinion and differences in the methodology, number of samples, implementation method, training protocols, and the way of examining the variables in the research under study, which should be taken into account in the application of sports exercises. Results : It seems that sports exercises following special sports instructions and consumption can lead to improvement in the condition of MS (patients with functional fatigue).

کلمات کلیدی:

(sports training, MS with functional fatigue (MS

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