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Designing a Physiotherapy Rehabilitation Protocol for Multiple System Atrophy: A Narrative Review

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ABSTRACT

Multiple System Atrophy (MSA) is a rare, debilitating, adult-onset neurodegenerative disorder that manifests clinically as predominant parkinsonian type or cerebellar type with autonomic dysfunction affecting Quality of Life (QoL) of MSA patients. Despite the importance of physiotherapy in improving the symptoms, there is a lack of standardised treatment protocol for MSA. This study aimed to develop a rehabilitation protocol for MSA to improve the QoL via reducing the symptoms of MSA. A comprehensive literature review was conducted including 5 randomised controlled trials, 3 retrospective analysis, 8 literature review, 1 cross-sectional study, and 8 case studies. The results showed that the physiotherapy rehabilitation protocol does reduce the symptoms and improves the QoL of MSA patients. The developed protocol consists of a four week intervention program focussing upon the mobility, strengthening, gait, balance and coordination as well as swallowing difficulties. The protocol has the potential to reduce the symptoms, improve the functional outcomes and enhance the QoL of MSA patients. Therefore, this study provides a standardised rehabilitation protocol for MSA, which can be used to attain symptomatic relief and to improve the QoL of the patient.

Keywords: Autonomic dysfunction, Neurodegenerative, Physiotherapy.