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## Poster Presentation

### The Effect of Sports Exercises for Eight Weeks on the Rate of Fatigue and the Quality of Life in Patients with Multiple Sclerosis

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#### Abstract

MS illness is a self- safety and inflammatory illness in Central Nervous System in which Myelin Sheath and Axon of neuronal cells of the brain and the spinal cord is destroyed by the Safety System, and the level of its prevalence is two or three times more in women rather than men. The most important complications of this illness are fatigue, cramp, shake, the lack of balance, and walking disorder. These factors cause the sharp drop of the level of quality in these patients' life, and it results in reduction of their daily activities. This study aims at investigating the effect of exercise on the rate of fatigue and the quality of life in patients with Multiple Sclerosis. The performance of sports exercises proportional to the ability of patients with MS can decreases the cost of Physiology, and therefore it can improve the rate of fatigue and the level of quality in their life if the symptoms such as thermal sensitivity and fatigue isn't exacerbate. Thus, it is recommended to do these exercises as an effective and time-consuming way, because it has the ability for learning and it is easy to perform. Regarding these results, the respective experts can use these exercises as a complementary along with medical treatments for patients with MS, and they can prevent these patients' increasing and quick disability.

**Keywords:** Exercise, Multiple Sclerosis, Fatigue

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