



XIV SIG in-between Meeting on Mobility

Treatment of Balance and Gait in MS

30th September - 1st October, 2011
Barcelona, SPAIN

Local organising committee: Carmen Santoyo
Chairs SIG Mobility: Peter Feys & Paul Van Asch



INVITATION 14th SIG MOBILITY

“Treatment of balance and gait in MS”

Barcelona, SPAIN

Dear RIMS member,

Dear Colleague with interest in MS Mobility issues,

Balance and gait disorders are some of the most frequent and disabling problems for people with MS, interfering in their mobility, independence, security and quality of life. The aim of the workshop is to strengthen discussion and initiate long-term co-operation, to learn and exchange new knowledge and experience in the field of neurorehabilitation.

The next SIG Mobility meeting of RIMS will take place in early autumn in Barcelona. We are preparing one full day program on Friday 30th of September and half a day program on Saturday 1st of October. As you will notice in the program below, we have received contributions from many different countries on the topic of the meeting, and some own contributions on other aspects. Many presentations also focus on practical applications which is of importance at the SIG Meeting.

We look forward to an interactive and challenging meeting with researchers, therapists and rehabilitation doctors with an interest in Mobility of persons with MS. As the workshop is kindly sponsored by R.I.M.S. (Rehabilitation in Multiple Sclerosis), as always, RIMS members don't pay any registration fees, while there is support in accommodation costs (1 night) and main lunches and perhaps also dinner are offered by the local organizer. Precise details are depending on the number of (active) participants and additional sponsors.

We kindly ask you to complete the registration form before July 7th, if you are able to participate, as well to announce a working title and send an abstract before June 15th if you want to give a presentation.

Many thanks and best regards

Carmen Santoyo (PT)

Peter Feys (PhD, PT)

Paul Van Asch (PT)

Local organizer

Chairman SIG Mobility

Co-chair SIG Mobility

<p style="text-align: center;">PRELIMINARY PROGRAMME Treatment of balance and gait in MS</p>

Conference venue: Alimara Hotel

Accommodation: Alimara Hotel

THURSDAY SEPTEMBER 29th

Afternoon/Evening

Arrival to Barcelona Airport (30' train transport to Barcelona)
(see travel details below)

From 19,30 - ...

Wellcome-drink
(Alimara Hotel, Foyer)

PROGRAMME

Treatment of balance and gait in MS

Conference Venue: Alimara Hotel Room Sitges

FRIDAY SEPTEMBER 30th

08:15 - 08:30 **Registration**

08:30 - 08:50 **Welcome to Barcelona**

Introduction to the SIG theme & participants

Local Organiser: Carmen Santoyo, PT (Day Hospital of MS, CEM-Cat)

Chair SIG Mobility: Peter Feys, PT, REVAL (PHL-Uhasselt)

Co-chair SIG Mobility: Paul Van Asch, PT (Fit-up, Kontich)

SCIENTIFIC SESSION I

Chair: Peter Feys

08:50 - 09:15 *“Frequency, Causes and Impact of Falling in People with Multiple Sclerosis (MS)”*
Angela Davies Smith (UK)

09:15 – 09:40 *“Balance rehabilitation and fall prevention programs”*
Davide Cattaneo (Italy)

09:40 – 10:05 *“Is there a good measurement for dynamic balance in MS-patients?”*
Jiska Kempen (Holland)

10:05 - 10:30 **COFFEE BREAK**

Chair: Carme Santoyo

10:30 – 10:55 *“Group circuit training for balance & mobility in people with Multiple Sclerosis: feasibility and clinical relevance”*
Sheila Lennon (UK)

10:55 - 11:20 *“Effects of fatigue on balance disorders in multiple sclerosis “*
Elisa Gervasoni (Italy)

11:20 – 11:45 *“The perfect balance and gait of horses – a complementary treatment for MS”.*
Valerie Block (Spain)

11:45 – 12:25 *Practical application of balance exercises*
Juan Carlos Salinas, Carme Santoyo (Spain)

RIMS 14th SIG on MOBILITY - Barcelona, September 30th-October 1st 2011

12:30 – 13:40 LUNCH

SCIENTIFIC SESSION II

Chair: Anders Romberg

13:40 – 14:05 “Effect of Bobath therapy and climate on gait and balance in MS patients”
Tori Smedal (Norway)

14:05 – 14:30 “To assess the effectiveness of an eight week out-patient high level exercise program for people with Multiple sclerosis with mild/moderate disease severity-A Pilot study”
Elaine Ross (Ireland)

14:30 – 14:55 “Activity not reliant on Physiotherapy”
Jane Petty (UK)

14:55 – 15:20 “The effect of induced movement therapy on balance, gait and brain microstructure “
Kamila Rasova (Czech Republic)

15:20 – 15:40 COFFEE BREAK

Chair: Davide Cattaneo

15:40 – 16:05 “Robotic devices for balance and gait assessment”.
Pep Medina (Spain)

16:05 – 16:30 “Technology in gait rehabilitation”
Johanna Jonsdottir (Italy)

16:30 – 16:55 “Wii Balance Board as a rehabilitation strategy in MS”
Benoit Gebara (Belgium)

16:55 – 17:20 “The C-mill: a tool for gait pattern optimization and obstacle avoidance training”
Dennis Hannes (Belgium)

17:20 – 17:50 Optional, for those participating or interested:
Collaborative projects within RIMS, Sig Mobility: Q&A regarding multi-center walking study, part lib Peter Feys, Domien Gijbels, Ulrik Dalgas

20h30 DINNER

PROGRAMME

Repetitive exercise programmes including rehabilitation technology

Conference Venue: Alimara Hotel Room Sitges

SATURDAY OCTOBER 1ST

- 11:50 - 13:15 Free presentations
Chair: Carme Santoyo
- 09:00 - 09:25 "The motor main symptoms of multiple sclerosis in relationship to balance"
Sabine Lamprecht (Germany)
- 9,25 – 9:50 "Effects of 3 weeks whole body vibration training on muscle strength and functional mobility in hospitalized persons with multiple sclerosis"
Peter Hellinckx (Belgium)
- 09:50 - 10:30 Practical session: "Dynamic stability during gait according to the PNF-concept"
Brigitte Gattlen (Switzerland)
- 10:30 – 11:10 Practical session: "Dual task in balance rehabilitation"
Hans Van Tongeren (Denmark)
- 11:10 - 11:50 BRUNCH
- 11:50 - 13:15 Free presentations
Chair: Paul Van Asch
- 11:45 - 12:05 "From "Wheelchair Circuit" to "Wheelchair Assessment Instrument for people with MS"
Monia Vereecken (Belgium)
- 12:05 - 12:30 "Hip Flexion Assistive Device: an opportunity"
Paul Van Asch (Belgium)
- 12:30 - 12:55 "Community-based balance group-training program in people with MS in Iceland"
Sif Gulfadottir (Iceland)
- 12:55 – 13:15 "How to organize rehabilitation in multiple sclerosis in Flanders: A proposal"
Greet Adriaenssens (Belgium)
- 13:15 – 13,30 Concluding remarks / Further discussion
- End of the meeting

PRACTICAL INFORMATION

“TREATMENT OF BALANCE AND GAIT IN MS”

BARCELONA, SPAIN

Currency Euro.

Travelling from the Airport to Barcelona

From Barcelona Airport “El Prat” there is a train connection to Barcelona city centre (Passeig de Gràcia). Duration is about 25’; twice hourly with departure at 8’ and 38’ after each hour. The train station is located very close to terminal T2. If your flight arrives to terminal T1, you must take a shuttle bus, that is waiting to pick up passengers outside the station. Bustransit T1T2 is free and takes you from one terminal to the other one at approximately 8 to 10 minutes. From the city centre you can take the metro Line 3 (to Mundet stop) to Alimara Hotel.

<http://www.softguides.com/barcelona/mapas/plano-metro-barcelona.pdf>

Accommodation and conference venue:

Alimara Hotel. Berruguete, 26 08035 Barcelona.Spain. www.alimarahotel.com

Dresscode

The dress code is casual.

WELCOME TO BARCELONA, SPAIN!

Carme Santoyo

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SPONSORS of the SIG meeting



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