

Research Study

A comparison of FES and AFO for foot drop in MS

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Funder: MS Society

We are conducting a randomised controlled trial investigating Functional Electrical Stimulation (FES) and Ankle Foot Orthosis (AFO) in the management of persistent foot drop in people with MS.

The study aims to investigate:

- The orthotic and therapeutic effect of FES and AFO on walking speed and oxygen cost of walking
- The effect on fatigue, physical activity levels, quality of life, falls and disability
- The cost effectiveness, frequency of use and patient experience of FES and AFO

We will be recruiting people with MS who are known to consultants in the MS Services in either NHS Ayrshire and Arran or NHS Greater Glasgow and Clyde from August 2014 until March 2016. Patients will be randomly assigned to receive either FES or AFO and will attend routine clinical and research appointments for 12 months. All study appointments will take place at the Douglas Grant Rehabilitation Centre in Irvine; however patients will have their travel expenses reimbursed for research appointments.

To be eligible for the study patients must:

- Have been diagnosed with MS
- Be over 18 years old
- Have persistent foot drop over the last 3 months due to their MS
- Be able to walk continuously for 5 minutes at a comfortable pace
- Have relatively stable MS over the last 3 months

Patients must not:

- Currently or have previously used FES or AFO for foot drop
- Have other significant medical conditions affecting their walking
- Have a significant cognitive impairment which would affect their ability to take part in the study

If you have any patients who might be suitable and are interested in being part of the study please contact Linda Renfrew or Elaine Coulter for further information:

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