

Title: Episode 4: Fatigue and Fatigability in Degenerative Diseases with Evan Cohen

In our fourth episode, we talk to Dr. Evan Cohen about his work in people with MS and it's application to other degenerative diseases regarding assessment and treatment of fatigability.

#### Guest information

Evan Cohen, PhD, PT

Associate Professor at Rutgers Physical Therapy (South)

<https://apps.shp.rutgers.edu/projects/facultyLocator/profile1.cfm?RUID=cohenet>

#### Referenced articles

Karpatkin H, Cohen ET,, Rzetelny A., Erlandsson K, Gibbons S, Griffith H, Isham LB. Performance on the Berg balance scale in fatigued versus nonfatigued states in people with multiple sclerosis. *Critical Reviews in Physical and Rehabilitation Medicine*.2013; Vol. 25: 223-230

Jackson K, Bigelow KE. Measures of balance performance are affected by a rested versus fatigued testing condition in people with multiple sclerosis. *PM R*. 2013 Nov;5(11):949-56. doi: 10.1016/j.pmrj.2013.06.001.

Cohen, E.T., Kietrys, D.M., Gould Fogerite, S., Silva, M., Logan, K., Barone, D.A., & Parrott, JS. A Pilot Study of Feasibility and Impact of an 8-Week Integrative Yoga Program in People with Moderate Multiple Sclerosis–Related Disability. *International Journal of Multiple Sclerosis Care*, 2017. Available at <http://ijmsc.org/doi/abs/10.7224/1537-2073.2015-046>

Karpatkin H, Cohen ET, Rzetelny A, Parrott JS, Breismeister B, Hartman R, Luu R, Napolione D. Effects of Intermittent Versus Continuous Walking on Distance Walked and Fatigue in Persons With Multiple Sclerosis: A Randomized Crossover Trial. *J Neurol Phys Ther*. 2015 Jul;39(3):172-8. doi: 10.1097/NPT.0000000000000091

#### Related links

National MS Society: <http://www.nationalmssociety.org/>

National MS Society "Fatigue: What You Should Know":

<https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Fatigue-What-You-Should-Know.pdf>

12 Minute Walk Test (see "Background" section):

<https://www.atsjournals.org/doi/full/10.1164/ajrccm.166.1.at1102>

#### Related articles

Karpatkin H, Cohen ET, Klein S, Park D, Wright C, Zervas M. The Effect of Maximal Strength Training on Strength, Walking, and Balance in People with Multiple Sclerosis: A Pilot Study. *Mult Scler Int.* 2016;2016:5235971. doi: 10.1155/2016/5235971. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5220488/>