

MASCOT project

MASCOT (Multiple Sclerosis and Osteopathic Care Trial) is a study that analyses the effects of osteopathic treatment on multiple sclerosis (MS). MS is an autoimmune disease of the central nervous system that causes damage to myelin, the substance that coats nerve fibers, thus impairing the transmission of nerve impulses.

The MASCOT project aims to evaluate the impact of osteopathic treatment on the symptoms, quality of life, and overall well-being of patients with multiple sclerosis (MS). Osteopathy, with its manual techniques aimed at restoring balance and body functionality, could provide a complementary approach to managing symptoms and supporting the well-being of MS patients.

In the MASCOT study, participants are randomly assigned to two groups: one receiving osteopathic treatment and a control group. The treatment group undergoes a series of osteopathic sessions, personalised according to the patients' individual needs, while the control group receives either placebo therapy or standard treatment. Symptoms, quality of life, and other relevant parameters are assessed before, during, and after treatment.

Using standardised questionnaires, clinical exams, and specific evaluation tools, the research team gathers objective and subjective data to assess the effectiveness of osteopathic treatment in managing multiple sclerosis symptoms. The symptoms of interest may include fatigue, muscle weakness, stiffness, pain, difficulty with mobility, and control of limbs, along with potential symptoms related to the visual, cognitive, or emotional systems.

The goal of the MASCOT project is to provide scientific evidence on the role of osteopathy as a complementary therapeutic option for people with multiple sclerosis. This information can help guide clinical practice and improve the quality of care provided to patients with MS. Moreover, the MASCOT study could pave the way for further research in the field of osteopathy and multiple sclerosis, fostering a deeper understanding of the effects of osteopathic treatment on the condition and opening new therapeutic perspectives.

Collaboration among researchers, osteopaths, neurologists, and other healthcare professionals is key to the success of the MASCOT project. Through this multidisciplinary collaboration, a comprehensive understanding of the potential benefits and clinical implications of osteopathic treatment in managing multiple sclerosis can be achieved.