

Table e-3. Rehabilitation therapies without sufficient evidence to make recommendations

Intervention	Outcome(s) evaluated	Evidence
Comprehensive multidisciplinary outpatient rehabilitation	self-efficacy, fatigue, depression, HRQL	1 Class II study with insufficient precision (Kos 2007), ^{e19} 1 Class III study (Patti 2002) ^{e11}
Comprehensive multidisciplinary inpatient rehabilitation	disability	2 Class III studies looking at different populations and time frames (Freeman 1997, Khan 2008) ^{e72,e24}
Inpatient rehabilitation	fatigue	1 Class III study, data for control group not provided (Judica 2011) ^{e27}
Weekly home or outpatient PT	self-reported mobility/falls, depression, anxiety	1 Class III study for patient-reported outcomes (Wiles 2001) ^{e28}
Individualized inpatient exercise followed by home exercises	HRQL	1 Class III study, patient-reported outcomes (Solari 1999) ^{e33}
Motor and sensory training or motor balance training	falls, subjective disability and handicap, confidence in balance skills	1 Class II study, small number of falls in each treatment group, making interpretation difficult, and insufficient precision for subjective outcomes (Cattaneo 2007) ^{e65}
Home PT	QOL	1 Class III study with insufficient precision (Miller 2011) ^{e37}
Outpatient exercise program combined with home exercises	long-term beneficial effect on fatigue and QOL at 6 months	1 Class III study (McCullagh 2008) ^{e34}
ACSM-based resistance training with or without electrostimulation	lower-extremity muscle strength, functional mobility, disability	1 Class III study (Broekmans 2011) ^{e38}

Lower-extremity progressive resistance training	lower-extremity strength, function*; fatigue, mood, QOL**	1 Class III study (Dalgas 2009*), ^{e43} 1 Class III study (Dalgas 2010**) ^{e45}
Progressive bicycle ergometry resistance training combined with balance exercises	gait, walking speed, functional reach, falls, fatigue, depression	1 Class III study (Cakt 2010) ^{e46}
Three weeks of inpatient strength and aerobic training followed by a 23-week home exercise program	upper-extremity endurance, dexterity, lower-extremity strength, balance, walking speed, aerobic capacity, disability, fatigue, HRQL	3 Class III studies using the same data set (Romberg 2004, Romberg 2005, Surakka 2004) ^{e47-e49}
Short-term (3–15 weeks) aerobic exercise programs	muscle strength, aerobic capacity, disability, health status, fatigue, mood†; lung function, fatigue, HRQL††; coordination, posture, self-efficacy, anxiety, depression†††	3 Class III studies, different durations and study populations (†Petajan 1996, Mostert 2002††, Schulz 2004†††) ^{e56,e60,e61}
Robot-assisted gait training	walking speed, knee extensor strength	1 imprecise Class I study (Beer 2008) ^{e64}
Group exercise therapy	activity, balance confidence, walking endurance, physical function, leg strength, fatigue, mood, goal attainment ^{e70} ; disability, walking speed, muscle strength, fatigue ^{e73} ; HRQL ^{e70,e73}	2 Class III studies different durations and interventions (Learmonth 2011, Mutluay 2008) ^{e70,e73}
An individualized physical rehabilitation program, or group wellness intervention	fatigue, depression, QOL	1 Class III study (Plow 2009) ^{e74}
Breathing-enhanced upper-extremity exercises for 6 weeks	pulmonary function parameters other than FEV ₁ *, subjective feeling of exhaustion or respiratory dysfunction**	1 study, Class II lacking precision*, Class III for subjective outcomes** (Mutluay 2007) ^{e77}
Balance-based torso weighting	mobility	1 Class II study with inconsistent results on multiple measures (Widener 2009) ^{e76}

Inspiratory muscle training	Multiple pulmonary function parameters, fatigue	1 study rated Class II for objective measures, with insufficient precision, and Class III for subjective measure (Fry 2007) ^{e79}
Expiratory muscle training	expiratory muscle strength, voice/speech production	1 Class III study (Chiara 2007) ^{e80}
Grimaldi's PT method	hip abductor function, strength	1 Class III study (Crippa 2004) ^{e81}
Johnstone pressure splints	disability, coordination, equilibrium	1 Class III study (Armutlu 2001) ^{e82}
Feldenkrais bodywork therapy	dexterity, function, mood, self-efficacy, perceived stress	1 Class III study (Johnson 1999) ^{e83}
The relative efficacy of 3 cycling-intensity protocols	gait, fatigue, ADL, QOL	1 Class III study (Collett 2011) ^{e85}
Whole-body vibration exercise protocol	leg muscle performance, functional capacity	1 Class III study (Broekmans 2010) ^{e87}
Aquatic exercise training	fatigue, HRQL	1 Class III study (Kargarfard 2012) ^{e88}
Low-level cardiovascular endurance exercise	fatigue, endurance and walking speed, mood, QOL	1 Class III study (Dettmers 2009) ^{e91}
Intermittent transcranial magnetic theta burst stimulation with or without exercise therapy	spasticity, disability, fatigue, HRQL, ADL	1 Class III study (Mori 2011) ^{e92}
Home telerehabilitation program	manual dexterity, arm grasp	1 Class III study (Huijgen 2008) ^{e89}
Short-term use of cooling garments	disability, fatigue, spasticity, pain, sweating, function, muscle strength, postural sway, bladder voiding control	2 imprecise Class III studies (Schwid 2003, Meyer-Heim 2007) ^{e95,e97}
One-month use (1 hour/day) of cooling garments	function, cognition, visual acuity, strength, fatigue	1 Class III (Schwid 2003) ^{e97}
Group fatigue program (Fatigue: Take Control Program)	fatigue	1 Class III study (Hugos 2010) ^{e100}
Packer energy conservation program	fatigue, QOL, self-efficacy over 6 weeks [^] or 1 year ^{^^}	1 Class III study each (Mathieowitz 2005 [^] , Mathieowitz 2007 ^{^^}) ^{e102,e103}

Outpatient health promotion education program (OPTIMISE)	engagement in health-promoting activities, self-efficacy, HRQL	1 Class III study (Ennis 2006) ^{e104}
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Abbreviations: ACSM = American College of Sports Medicine; ADL = activities of daily living; HRQL = health-related quality of life; PT = physical therapy; QOL = quality of life.