ANNA CARLING obtained her Physiotherapy degree in 2007 and has since then been working with neurological rehabilitation, in the field of neurology, stroke and multiple sclerosis. In 2014 she received her degree of master of science and became a PhD student at Örebro University that same year. Her research interest as a physiotherapist consists of balance and falls in people with multiple sclerosis.

Multiple sclerosis is a neurological disease where impaired balance and falls are common. This thesis aims to give enhanced knowledge of when and why people with multiple sclerosis fall and how these falls possibly affects their next of kin, also to evaluate the effects and perceptions of participating in a specific balance exercise called CoDuSe (including core stability, dual task and sensory strategies). Having knowledge about why, when and where falls occur, and how they affect the residing next of kin could also help healthcare personnel to individualize fall preventive strategies. This thesis will also contribute to the evidence as to whether or not people with moderate to severe multiple sclerosis experience benefits from exercising with the CoDuSe balance exercise. This thesis will contribute to a greater societal understanding of the situation for people with multiple sclerosis as well as that of their next of kin.