

04.12.2023

Staying Active

How to Approach Activity with Confidence

WEBINAR 
WEDNESDAYS

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APRIL PROGRAMS

Wednesday, April 19
Webinar

The Role of Your Specialty
Pharmacy as Part of Your
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Thursday, April 20
JUMPSTART

Get Back to an Active
Lifestyle

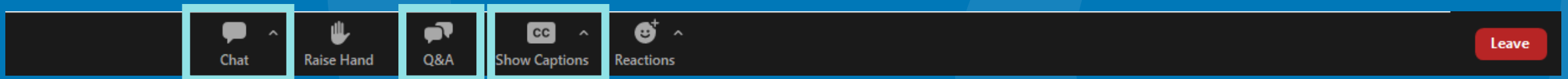
Tuesday, April 25
Your Questions Answered
Staying Active



CANDO-MS.ORG

How to Ask Questions During the Webinar

Type in your questions using the Questions Box



Provide comments and engage with the speakers and audience using the **Chat Box**

NEW! Closed captioning

YOUR SPEAKERS



Courtney Capwell
Physical Therapist

Greene, RI



Samantha Balistreri
Physical Therapist

Philadelphia, PA

LEARNING OBJECTIVES



- 1 Understand the importance of exercise and physical activity for health and wellness.
- 2 Learn the current exercise recommendations for people with MS and become aware of other research findings in MS.
- 3 Discover ways to make exercise and physical activity possible at all ability levels.

INTERACTIVE POLL



What are you hoping to learn about the most today?

Benefits of exercise

Exercise vs physical activity

Recommendations for exercise

Exercise considerations specific to MS

Other
(Put it in the chat!)

The **MANY** Benefits of Exercise



Exercise – It Really Is the Best Medicine!



Exercise improves:

- Strength
- Posture
- Mobility
- Mood
- Self-confidence
- Overall wellness
- Sleep
- Appetite
- Fitness levels
- Cognitive functioning
- 'Quality of Life'
- Improves or maintains the level of independence of the person with MS.

Exercise – It Really Is the Best Medicine!



Additional Exercise Benefits:

- Lessens fatigue
- Decreases chances of secondary illness
- Prevents overuse injuries
- Creates opportunities for new social outlets
- Helps with weight loss/weight maintenance

Why Exercise?

Exercise has been proven to positively affect all the following in people with MS:

- Muscular strength
- Aerobic capacity
- Walking performance
- Fatigue
- Depression
- Quality of life
- Brain Health



Types of Exercise



Flexibility

How to improve flexibility:

- Stretching
- Yoga

Key points: Hold stretch for 30-60 seconds. Repeat 2-3 times

- You should always feel a stretch, you should never feel sharp pain



Strength Training



The highest level of evidence for the benefits of strength training in people with MS shows that it can improve muscle force production.

Additional benefits include:

- Improved independence
- Improved gait pattern
- Improved immune system function
- Improved breathing
- Reduced fatigue
- Decreased disability
- Improved walking speed and endurance

Strength Training Recommendations

How to improve your strength? Add weights!

For mild disease:
8-12 repetitions of 2-3 sets

For moderate-severe disease:
See a physical therapist to get started on the best program for you



Aerobic Training



Aerobic activity or “Cardio” is any activity that increases the heart rate and respiration rate. This exercise is training the cardiovascular system.

Endurance exercise at low to moderate intensity is well tolerated and has positive effects on both physiology and psychology among people with MS.

Aerobic Training Recommendations

There are so many options!
The best aerobic exercise is one that you enjoy!

What are your favorite aerobic exercises? Drop your answers into the chat!



Balance Training Recommendations

Balance training when combined with other types of exercise, can improve safety and reduce the risk of falls.

Training your balance: sequential increases in challenge until you can't hold a position for 30 seconds

Safety First: Practice with a support partner or with your back to the corner of a room and a sturdy chair in front of you.



Current Exercise Recommendations for People with MS



150 minutes of moderate intensity exercise weekly

HIIT Training: High Intensity Interval Training

Well balanced program with components of aerobic, strengthening, balance, and stretching

Population specific considerations: heat, fatigue, and balance

Brain Health Benefits



A Body in Motion



With appropriate guidelines, a good exercise program can help to:

- Develop the maximum potential of muscle, bone, and respiration
- Help to avoid secondary complications

Exciting research suggests that exercise may improve brain health in multiple ways.

Tends to Stay in Motion



- More active people with MS have less damage in parts of their brain.
- Regular exercise creates a better foundation for recovery from MS attack.
- Exercise can reduce long-term disability.

Neuroplasticity



- The ability of the neurons to change their function, chemical profile, or structure.
- The brain and nerve connections within the brain are constantly changing given the right conditions.
- Exercise may facilitate these processes, encouraging positive changes in the nervous system.

Neuroplasticity



- Brain is NOT fixed but rather flexible and adaptable.
- Areas of representation can become larger or smaller.
- Reorganization is based on learning, experience, memory, disuse, damage from disease, and practice.
- Reorganization is influenced by what we DO and what we DON'T DO.

Let's Exercise!



Exercise and YOU!



An exercise program needs to be appropriate to the capabilities and limitations of the individual and may need to be adjusted as changes occur in MS symptoms.

A physical therapist experienced with the unique and varied symptoms of MS can be helpful in designing, supervising, and revising a well-balanced exercise program.

Any person who is initiating a new exercise program should consult with their physician for clearance.

Exercise at All Ability Levels

Exercise modifications

Amendments

How do you modify your exercise, drop it in the chat!



Avoid Over- heating



Some people with MS are sensitive to heat, which means symptoms either reappear or worsen when their body heat rises.

Tips to avoid over heating:

- Choose your environment/cool your environment
- Don't exercise during the hottest times of day (10 am-2pm)
- Drink plenty of cool fluids before, during, and after exercise
- Become aware of your body
- Swimming and water aerobics are good exercises to keep you cool

Choose a setting



Make sure your work out space is a safe environment.

Red flags to avoid:

- Slippery floors
- Poor lighting
- Throw rugs
- Any other tripping hazards

If you have difficulty balancing, always exercise within reach of a grab-bar or secured surface.

Get Motivated!



Options-MS navigators to find amended gym or fitness programs.

Ex: MS Moves/Exercise Snacks

Modes of exercise, find something you are passionate about that you will enjoy (dancing, swimming, etc.)

Motivational strategies to become regular – Using music, having a partner, audio books, etc.

Mantras

Tracking/Chart – Visual representation

Staying in Motion

Select an activity that you enjoy and **HAVE FUN!**

Many options are available to increase fitness level:

- Water aerobics, Tai Chi, Resistance Training, Dance, Yoga....
- Exercise is for everyone, exercise is unique to everyone.



Key Take-Aways



Movement is medicine

A well-rounded fitness plan includes training:

- Balance
- Strength
- Aerobic tolerance
- Endurance

Research recommends 150 minutes of moderate intensity exercise per week

Optimally intense, specific, and repetitive activity helps train and retrain your brain

Find a physical activity that you love and makes you feel good

Q+A



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