



WEBINAR 
WEDNESDAYS

Mobility

How to Overcome Barriers to Walking and Moving

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FEBRUARY PROGRAMS

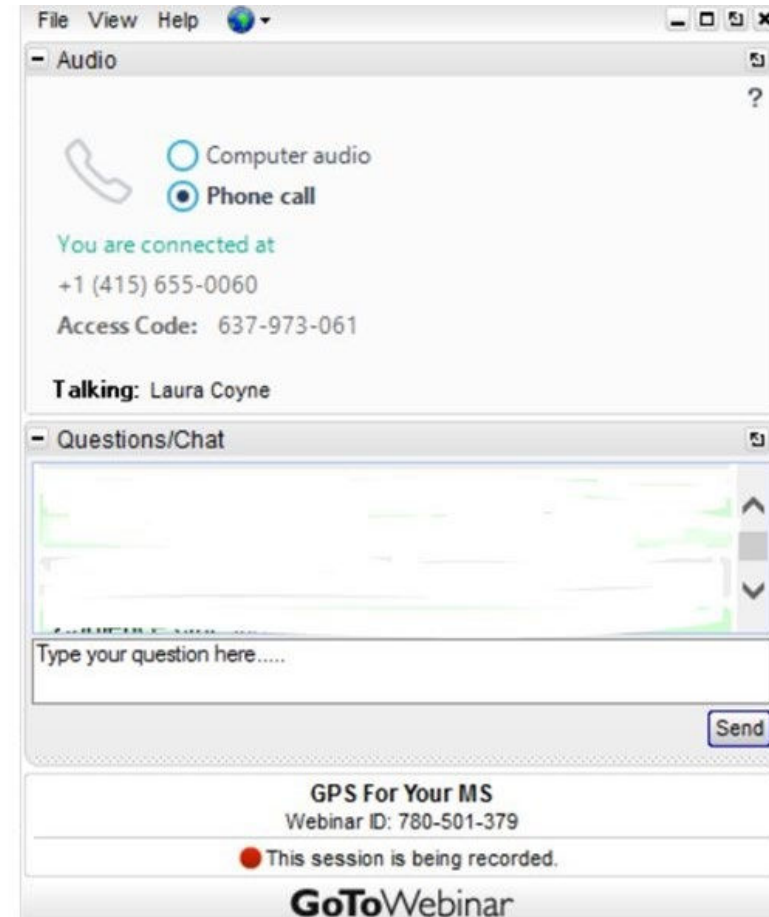
Webinar – Feb 2
Mobility: How to Overcome Barriers to Walking and Moving

JUMPSTART – Feb 10
Mobility: Get Started, Get Adaptive, and Get Active!

YOUR QUESTIONS ANSWERED – Feb 18
Mobility and Staying Active

How to Ask Questions During the Webinar

Type in your questions using the **Questions/Chat** box





Samantha Balistreri, PT, DPT

- Physical Therapist
- Philadelphia, PA



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- Physical Therapist
- Batavia, NY

Interactive Poll

Mobility is the answer to
disability?

True

False

Learning Objectives



Recognizing when impaired mobility is limiting your life



Building a toolchest for mobility



Understanding how mobility can be the answer to disability

Interactive Poll

Is impaired mobility limiting
your life? (Check all that apply)

Have you stopped
accepting
invitations?

Have you canceled
plans because of
fatigue?

Are you falling or
tripping more?

Are you wall or
furniture walking?

Other (type you
answer in the chat
box)

Recognizing When Impaired Mobility is Limiting Your Life

- Reduced Socialization
 - Cancelled plans
 - Declining social opportunities
 - Embarrassment about meeting new people
- Reduced Exercise/Movement
 - Indoors and/or outdoors
- Fear of Falling
 - Indoor and/or outdoors



Building a Toolchest for Mobility



- Recognize the tools you've developed
 - Using a support partner
 - Wall Walking
 - Furniture Walking
 - Using your arms to lift your legs
 - Walking with wider stance
 - Sitting while doing ADLs
 - Using a mobility aid
- Building independence
 - Tools and Modifications
- Utilizing functional exercise
 - Targeting strength, balance, and flexibility to carry out daily activities



Building a Toolchest for Mobility

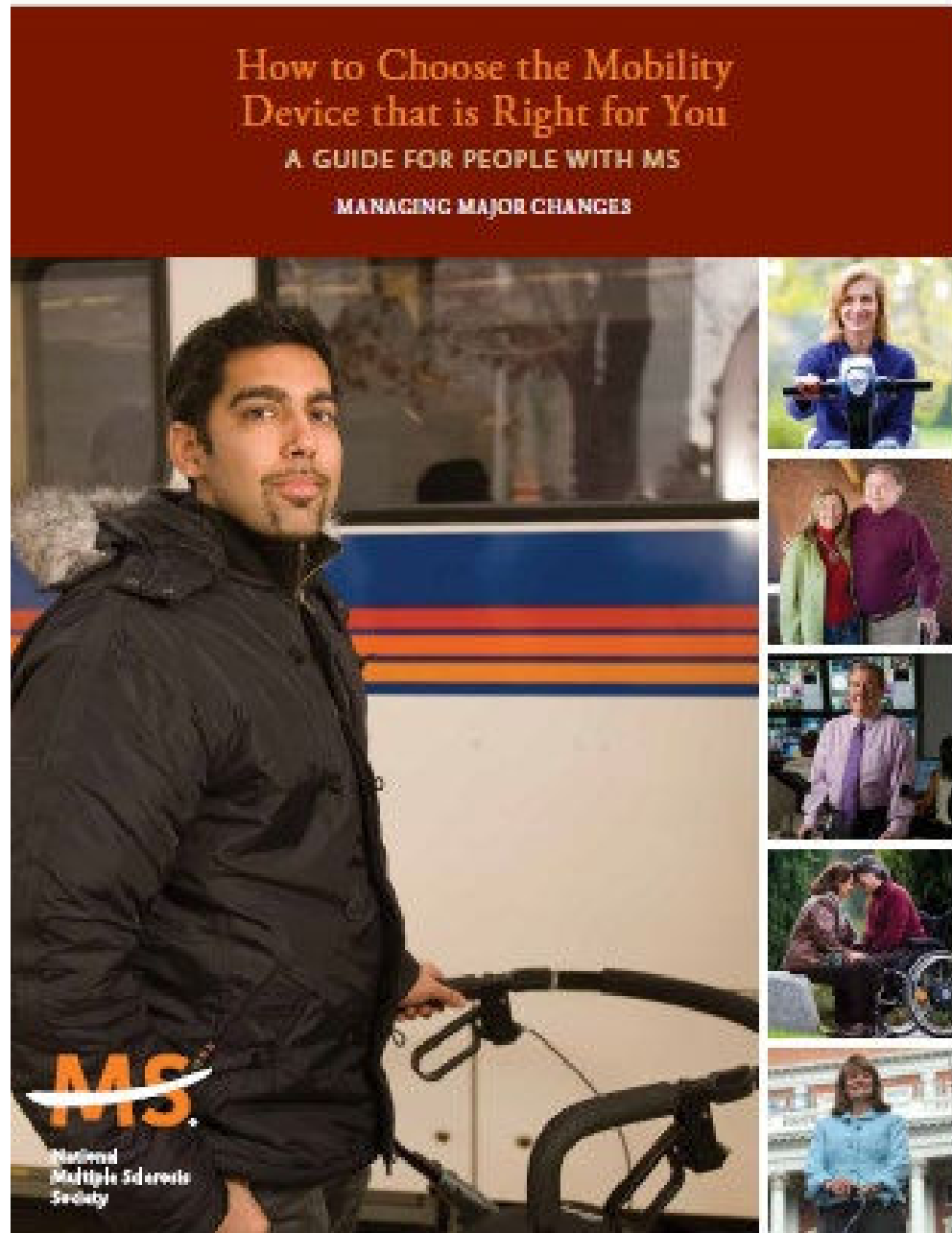
- Optimal use of assistive devices
 - Use the right tool for the right job
 - Conserve energy, particularly for distances
 - Optimize safety in every environment
 - Walk when you can, but ride when it makes sense to
- Asking for help
 - Getting support from your support network
 - Can Do MS JUMPSTART and YQA
 - Support groups

Using Functional Exercise to Improve Mobility

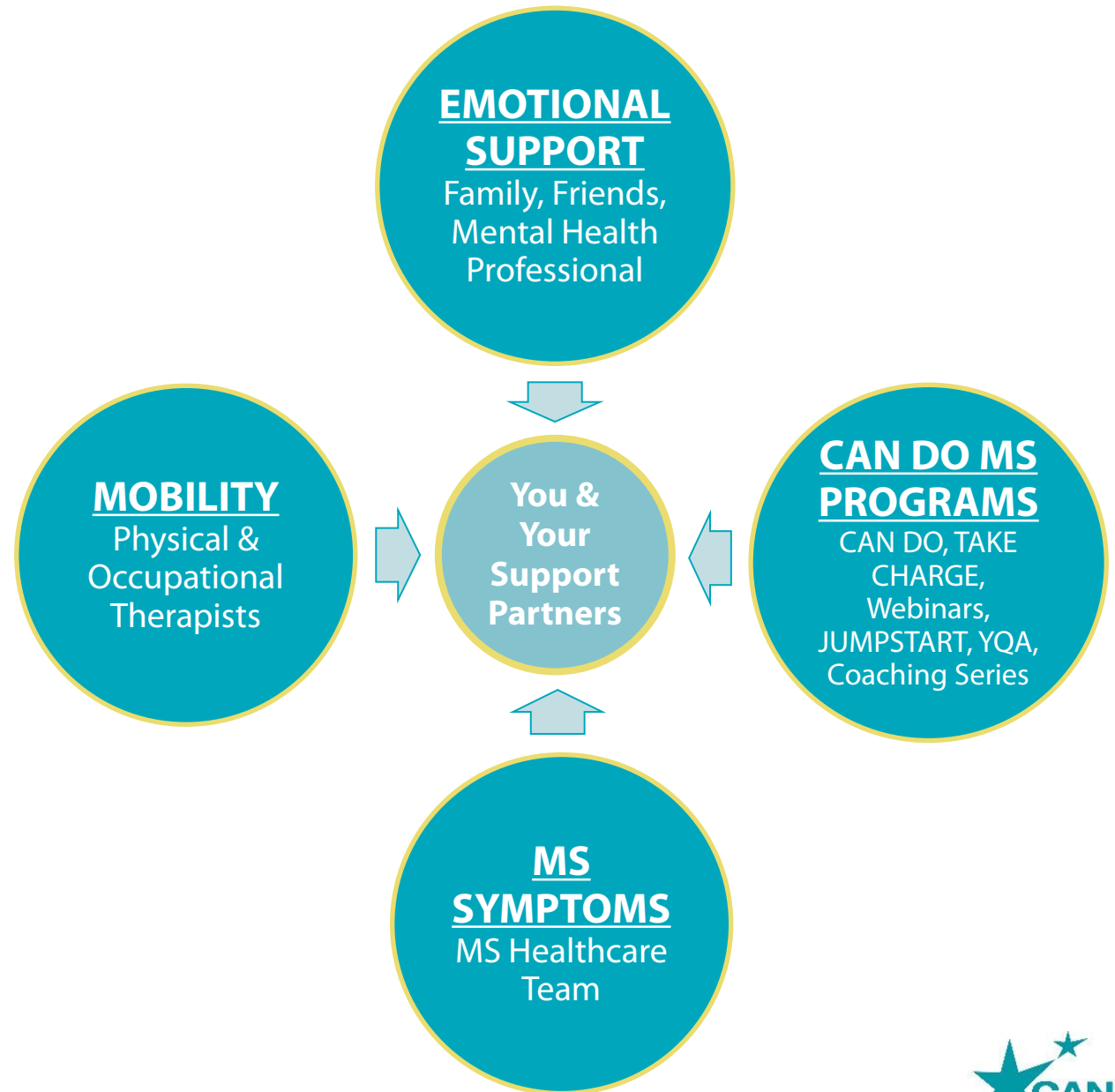
- Functional Exercise:
 1. Pick a goal/movement
 2. Break down that movement
- ie: Standing up out of a chair; Walking
- Demonstration



Assistive Device Brochure from The National Multiple Sclerosis Society



Asking For Help



Mobility is the answer to disability?

Interactive Poll

True

False

Key Takeaways

- It's important to recognize when your mobility is limiting your life
- Your mobility toolchest could include
 - Functional exercise
 - Assistive devices
 - Support people or groups
- Mobility is the answer to disability
- Make a plan



Q&A





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WEBINAR 
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Fatigue

How to Get More Energy and Keep It Up

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