

Do you have MS?

Are You Interested in Exercise?

The fitMS® NeuroBalance Center

invites you to participate in a study to evaluate the impact of a specific type of exercise on Gait, Balance, Flexibility and Spasticity on people living with MS

Eligibility:

- between the ages of 18 and 67
- diagnosis of MS
- able to walk 25 feet with or without assistive device
- EDSS between 4 and 6 determined by participants Neurologist along with release to participate

Participation Requirements:

- willing to travel to the center in Barrington twice weekly for 14 weeks
- participate in 30 minute supervised exercise protocol during each visit
- participate in evaluation prior to starting study, half way through and following the 14 week protocol

To learn more about this project or see if you meet the additional eligibility criteria: contact the fitMS® NeuroBalance Center, NFP

call 847-800-6162

or

email info@fitms.org

