

Course:

Introduction to MS for Fitness and Wellness Professionals

Speakers:

Hope Nearhood, MPH, PMP

Emily Reilly, CPT



National
Multiple Sclerosis
Society

Course Objectives

Understand	Understand what MS is, the causes of MS and MS symptoms
Characterize	Characterize wellness and fitness in MS for all ability levels
Discover	Discover how fitness and wellness professionals are an integrative part of the MS comprehensive care team
Learn	Learn about safe, effective and enjoyable lifestyle physical activity and exercise for people living with MS
Define	Define special considerations involved in working with people with MS
Describe	Describe barriers and facilitators to physical activity in MS

Course Structure

Module 1

MS Overview



Module 2

Levels of Ability and Wellness in MS



L TO R: ANGELA, DIAGNOSED IN 2002
NICK, DIAGNOSED IN 1998
EMILY, DIAGNOSED IN 2005

Module 3

Exercise and Lifestyle Physical Activity in MS



MICHELLE, DIAGNOSED IN 2001

Module 4

Barriers and Facilitators to Exercise and

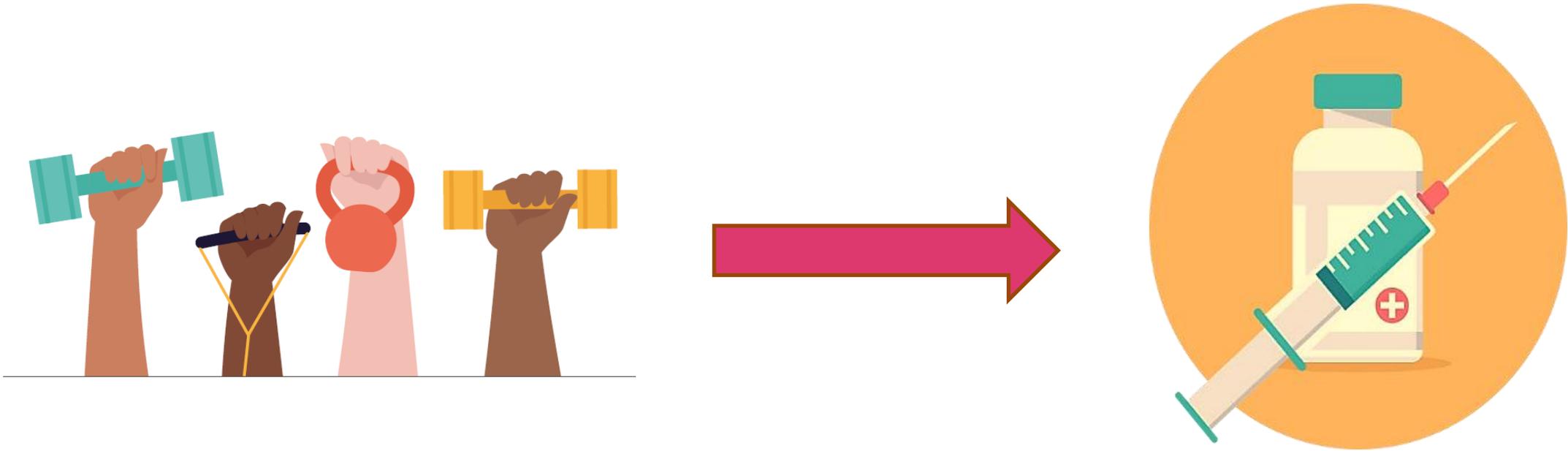


NATIONAL MS SOCIETY SUPPORT GROUP



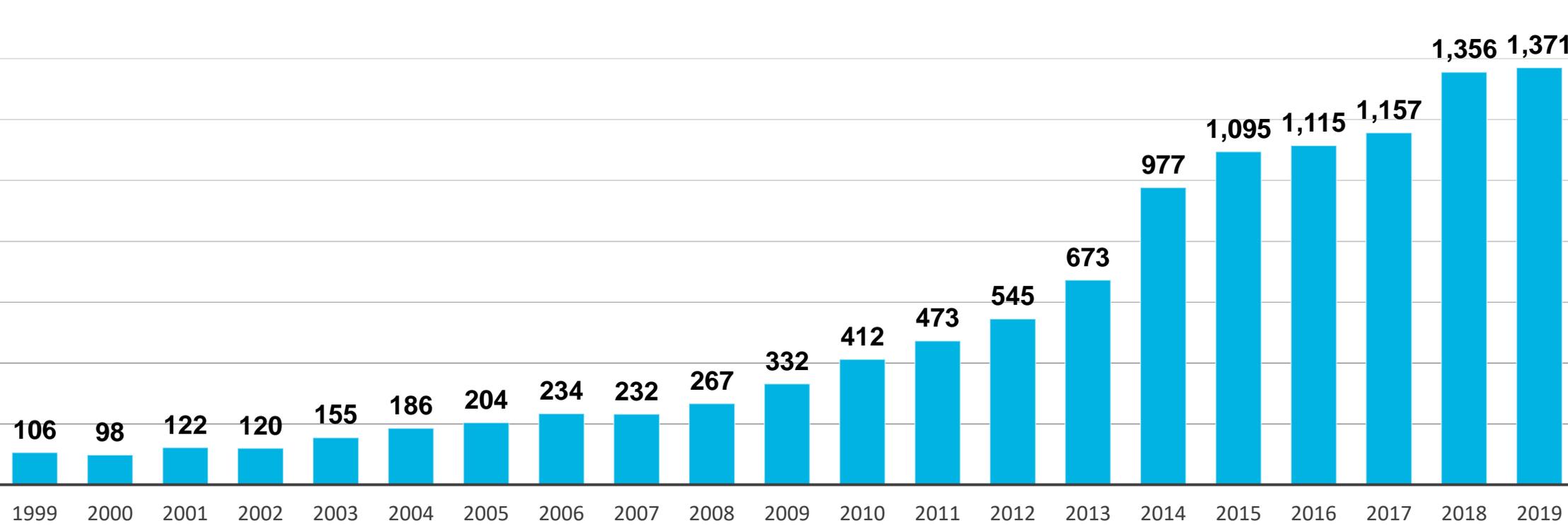
National
Multiple Sclerosis
Society

Exercise as Medicine?



Wellness Research In Multiple Sclerosis Is Growing

Wellness papers published in PubMed
between 1999-2019



Groundbreaking Recommendations

MULTIPLE
SCLEROSIS
JOURNAL

MSJ

Future Perspectives

Exercise and lifestyle physical activity recommendations for people with multiple sclerosis throughout the disease course

Rosalind Kalb, Theodore R Brown, Susan Coote, Kathleen Costello, Ulrik Dalgas ,
Eric Garmon, Barbara Giesser, June Halper, Herb Karpatkin, Jennifer Keller, Alexander V Ng,
Lara A Pilutti, Amanda Rohrig, Paul Van Asch, Kathleen Zackowski and Robert W Motl 



National
Multiple Sclerosis
Society

Exercise and Lifestyle Physical Activity Recommendations



Exercise is safe for everyone with MS



MS changes, sometimes quickly, so communicate with your participant



Develop goals based on abilities, preferences and safety



Reevaluate goals

Exercise is...

A form of leisure-time physical activity that is usually performed on a repeated basis over an extended period of time with a specific external objective such as the improvement of fitness, physical performance, or health

Lifestyle Physical Activity is...

The daily accumulation of at least 30 minutes of self-selected activities, which includes all leisure, occupational, or household activities that are at least moderate to vigorous in their intensity

Rehabilitation is...

Intermittent or ongoing use of interdisciplinary strategies to regain or maintain optimal physical function, promote functional independence, prevent complications, and improve overall quality of life.

Up Next...

Module 1

MS Overview



National
Multiple Sclerosis
Society