



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

Module 2:

# Levels of Ability and Wellness in MS

Speakers:

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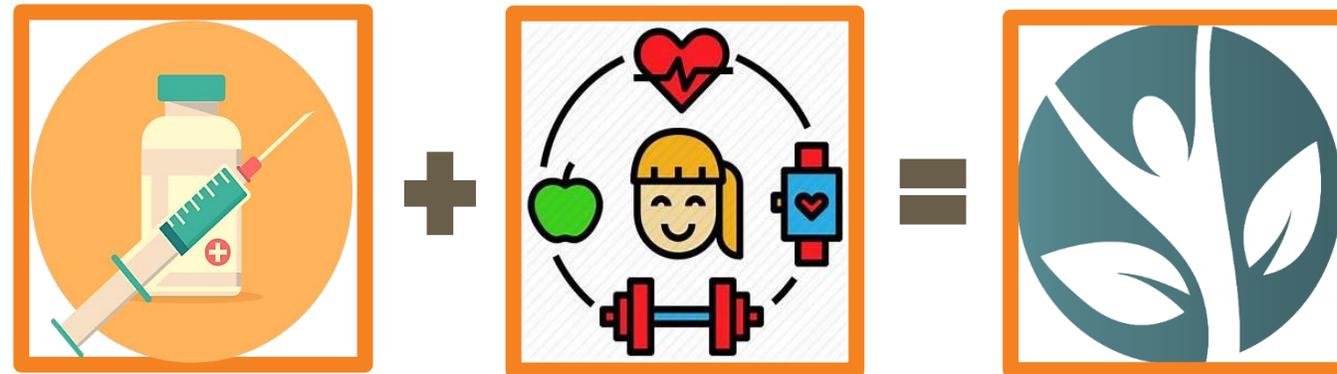
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Multiple Sclerosis  
Society

# Objectives

<b>Describe</b>	Describe optimal wellness in MS
<b>Understand</b>	Understand how fitness and wellness professionals fit into MS comprehensive care
<b>Define</b>	Define the Expanded Disability Status Scale (EDSS)
<b>Recognize</b>	Recognize how abilities and limitations impact exercise and lifestyle physical activity



# Optimal Wellness in Multiple Sclerosis



# Wellness Dimensions

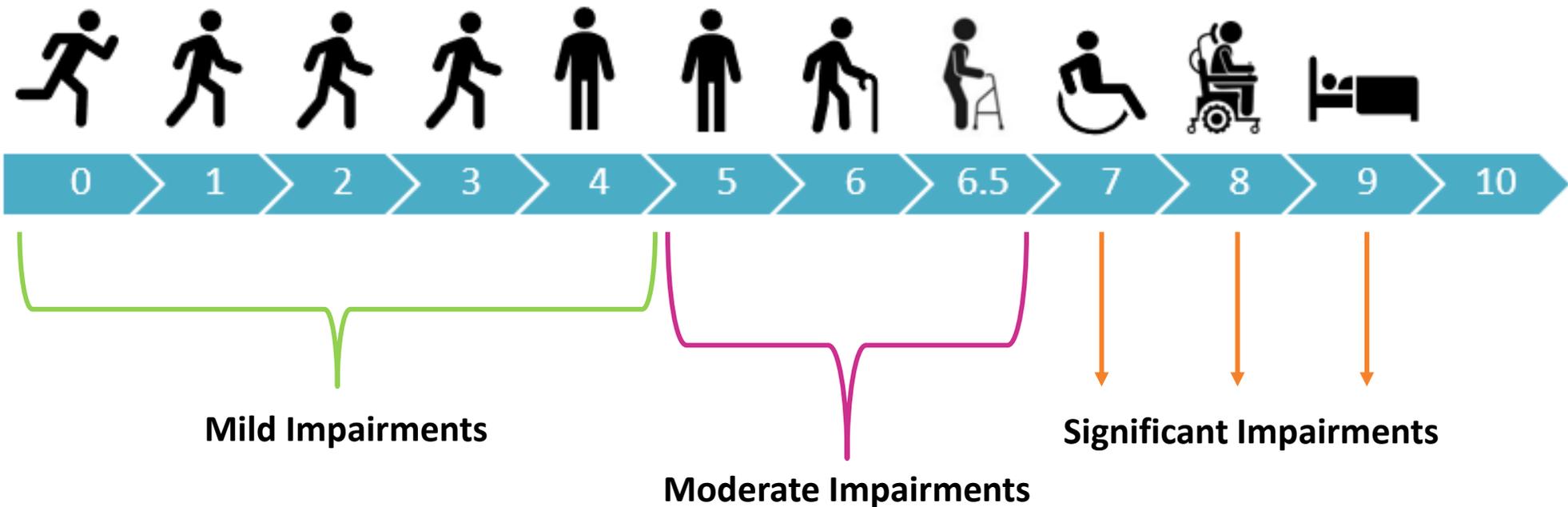


# MS Comprehensive Care Team



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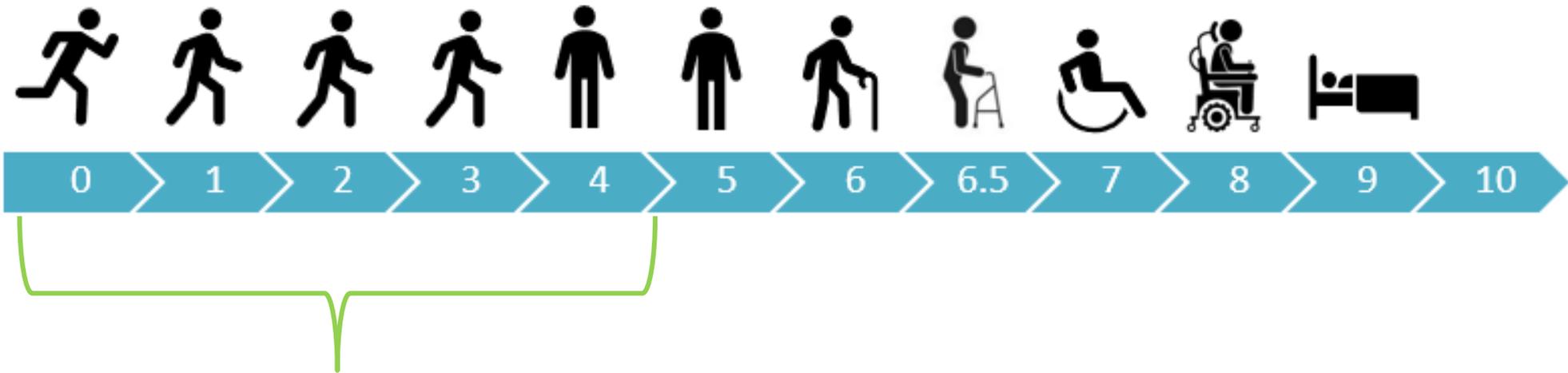
# Expanded Disability Status Scale (EDSS)



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<https://images.app.goo.gl/UbNFuQXMw8UE7YAH6>  
Kurtzke et al., Neurology, 1983

# EDSS – Impairments and Limitations



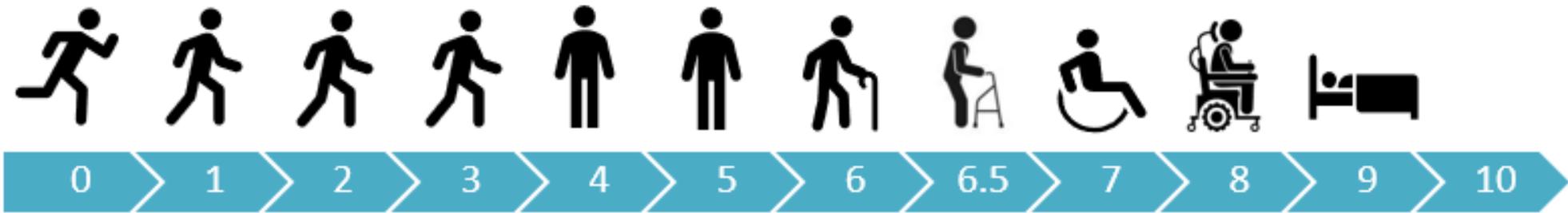
0 - 4.5: Mild Impairments



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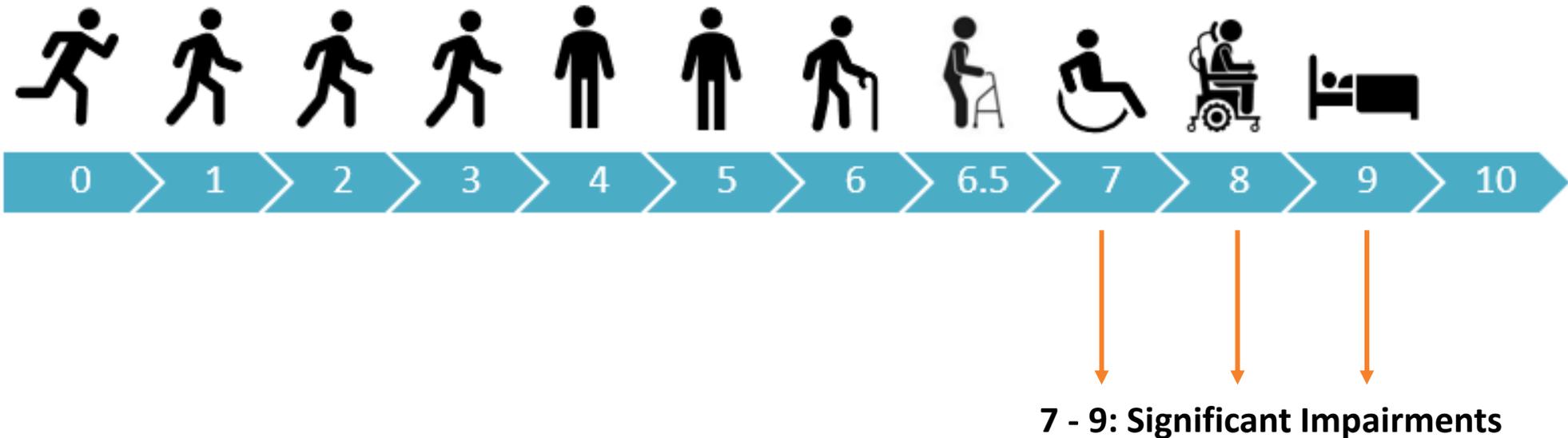
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# EDSS – Impairments and Limitations



5 - 6.5: Moderate Impairments

# EDSS – Impairments and Limitations



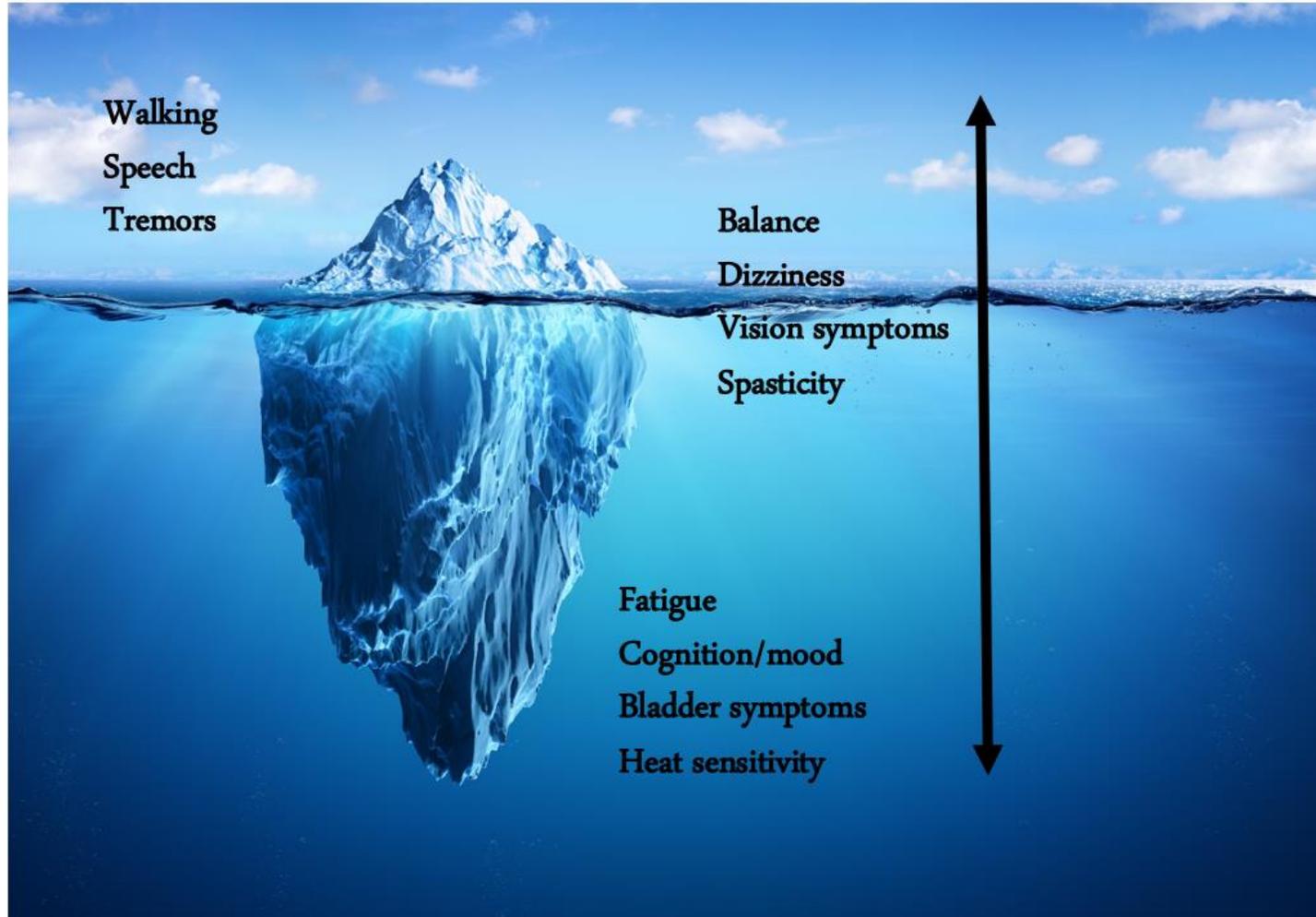


*What does this  
mean for the fitness  
and wellness  
professional?*



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# MS Symptoms – A Deeper Dive



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# Impact of Most Common Symptoms and Special Considerations

**Heat Sensitivity** → exacerbate symptoms → hydrate, rest, fan/cool towels

**Fatigue** → decreases energy → rest, frequent check-ins

**Cognition** → confusion → repeat, simplify, write down directions

**Mood** → irritability, mood swings → breathing, slow down, check in



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# Impact of Most Common Symptoms and Special Considerations Continued

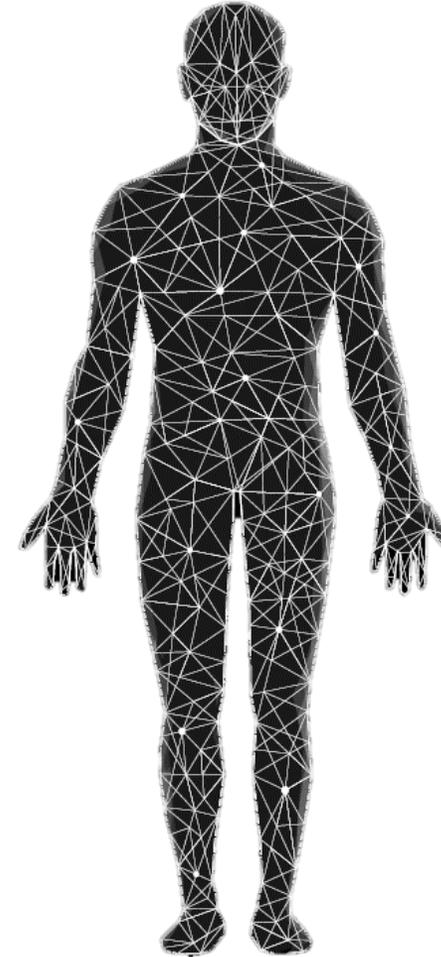
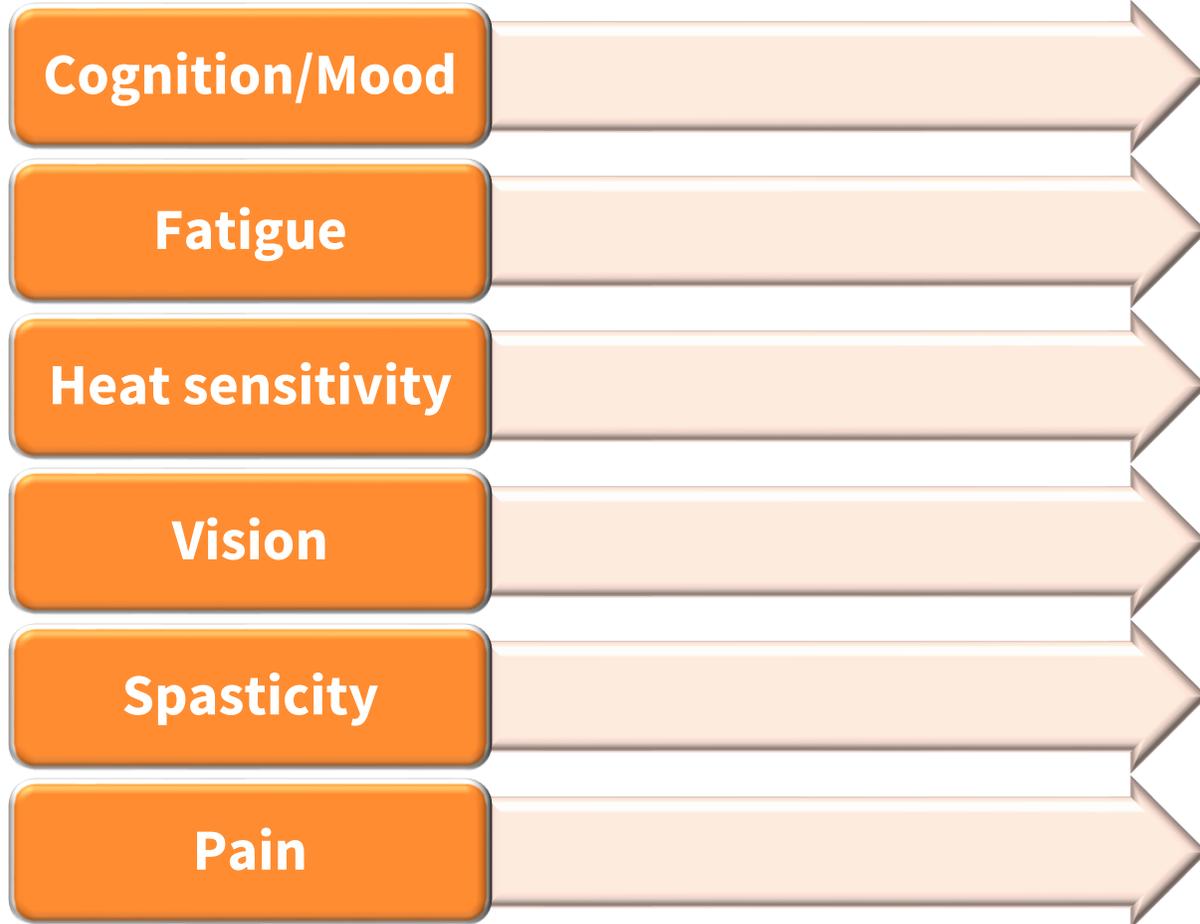
**Vision** → fall risk, affects balance → workout area free of obstacles, well lit

**Spasticity** → muscle tightness, affects gait, pain → long warm-up, gentle movements

**Bowel/ Bladder** → impacts intensity/duration of workout → avoid dehydration, encourage bathroom breaks



# Body Check In



# General Guidelines

Prioritize safety for every participant to avoid falls or injuries

Avoid pushing participants beyond their abilities

Consider multiple factors may exacerbate various symptoms.

Allow for frequent breaks and checking in

Consider modifying the intensity, frequency, and/or duration of the workout

Need for mobility aids throughout workout may vary →



DAVE, DIAGNOSED IN 2006



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## Rule of Thumb...



**Refer to a healthcare provider if walking challenges, muscles tightness, spasms, spasticity or pain are interfering with safe exercise participation, or if a client is experiencing new symptoms or worsening of existing symptoms for more than 24 hours.**



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# Up Next...

## Module 3

### Exercise and Lifestyle Physical Activity in MS



MICHELLE, DIAGNOSED IN 2001



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