Module 2:
Levels of Ability and Wellness in MS

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L TO R: ANGELA, DIAGNOSED IN 2002
NICK, DIAGNOSED IN 1998
EMILY, DIAGNOSED IN 2005
<table>
<thead>
<tr>
<th><strong>Objectives</strong></th>
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<tr>
<td><strong>Describe</strong></td>
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<tr>
<td><strong>Understand</strong></td>
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<tr>
<td><strong>Define</strong></td>
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<td><strong>Recognize</strong></td>
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Optimal Wellness in Multiple Sclerosis
MS Comprehensive Care Team

- Advocacy Organizations
- Primary Care
- Care Partners
- Nurse
- Neurologist
- Specialists
- Advanced Practice Professionals (APP)
- Rehabilitation
- Mental Health
- Fitness & Wellness

Anqunette
Diagnosed in 2013
Expanded Disability Status Scale (EDSS)

- Mild Impairments
- Moderate Impairments
- Significant Impairments

https://images.app.goo.gl/UbNFuQXMw8UE7YAH6
Kurtzke et al., Neurology, 1983
EDSS – Impairments and Limitations

0 - 4.5: Mild Impairments

https://images.app.goo.gl/UbnFQXm8w8UE7YAH6
EDSS – Impairments and Limitations

5 - 6.5: Moderate Impairments

https://images.app.goo.gl/UbNFuQXMw8UE7YAH6
EDSS – Impairments and Limitations

7 - 9: Significant Impairments

https://images.app.goo.gl/UbNFuQXMw8UE7YAH6
What does this mean for the fitness and wellness professional?
MS Symptoms – A Deeper Dive

Walking
Speech
Tremors

Balance
Dizziness
Vision symptoms
Spasticity

Fatigue
Cognition/mood
Bladder symptoms
Heat sensitivity
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
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

- Cognition/Mood
- Fatigue
- Heat sensitivity
- Vision
- Spasticity
- Pain
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
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.
Up Next...

Module 3
Exercise and Lifestyle
Physical Activity in MS

MICHELLE, DIAGNOSED IN 2001