

Multiple Sclerosis (MS)

Multiple sclerosis (MS), also known as disseminated sclerosis or encephalomyelitis disseminata, is a demyelinating disease in which the insulating covers of nerve cells in the brain and spinal cord are damaged. This damage disrupts the ability of parts of the nervous system to communicate, resulting in a wide range of signs and symptoms, including physical, mental, and sometimes psychiatric problems. MS takes several forms, with new symptoms either occurring in isolated attacks (relapsing forms) or building up over time (progressive forms). Between attacks, symptoms may disappear completely; however, permanent neurological problems often occur, especially as the disease advances.



How important is it to exercise if you have multiple sclerosis?

In addition to improving overall health, cardiovascular fitness, range of motion, and flexibility, exercise can help one increase energy, improve balance, manage spasticity, decrease muscle atrophy, and better perform activities of daily living." Studies have also come out in recent years that show exercise is critical in preventing cognitive decline in those with MS, central in lifting depression and overall mood, and may even delay the progression of the disease.

	Active	Passive	Assisted active
Spasticity		★	
Muscle atrophy	★		
Motor functional impairments	★	★	★