RECOMMENDATIONS FOR FATIGUE, SPASTICITY, AND BALANCE

PROMOTING PHYSICAL WELL-BEING

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Objectives

- Participants will demonstrate:
  - Improved knowledge on managing fatigue
  - Improved knowledge on managing spasticity
  - Improved knowledge on balance training
  - Improved understanding about appropriate amounts of physical activity
  - Increased confidence in incorporating strategies into regular routine

Fatigue

- 75-95% of people with MS experience fatigue.[1]
- Various Causes of Fatigue
  - Secondary Fatigue: sleep disturbances, increased energy expenditure, physical deconditioning, medications. [1]
  - Primary Fatigue: "MS Fatigue" (lassitude). [2,3]
- Affects people differently

Fatigue Management

- Medications
- Energy Conservation
  - Simplifying tasks, assistive devices, time of day, prioritization- energy bank account
- Heat Management
  - Regulating body temp, cooling devices
- Other Considerations
  - Psychological interventions for stress and depression
  - Sleep regulation
  - Management of symptoms, e.g. spasticity

Fatigue Management, cont.

- Regular Exercise Program
  - Strengthening
    - Resistance (weights, theraband), or body weight
    - *Group Activity (standing/seated marches)*
  - Aerobic Exercise
    - Walking, swimming, cycling or "arm bike", dancing

- Other Strategies?

Spasticity

- Involuntary muscle stiffness or spasms
- Affects up to 90% of people with MS. [4]
- Effects of Spasticity
  - Negative effects: fatigue, mobility, pain, contracture
  - Positive effects: help with transfers, standing

Spasticity Management

- Medications
- Triggers of Spasticity
  - Stress
  - Fatigue
  - Sudden position changes
  - Temperature
  - Infections
- Positioning
  - Controlled position changes
  - Comfortable positioning

Spasticity Management, cont.

- Regular stretching and exercises
  - Hold stretches at least 30 seconds, daily
  - *Group Activity (hamstring stretch)*
  - Yoga and Tai Chi

- Other Strategies?

Balance

- Balance is complex:
  - Vestibular
  - Somatosensory
  - Vision
  - Strength
  - Cognition

- Issues will affect people differently – will affect what exercises to focus on

Balance Training- be safe!

- Vestibular:
  - Standing/walking with head turns in all 4 directions
- Somatosensory:
  - Standing/sitting on a pillow, uneven terrain, changing your “base of support”
- Vision:
  - Eyes open vs eyes closed

Balance Training

- Strengthening
  - Core
    - *Group Activity (seated reaching)*
  - Leg
- Other modifications:
  - Environment
  - Assistive Devices
- Aquatic Therapy/Exercises, Tai Chi, Yoga

Exercise Tips

- "All exercises should be a 'challenge', but *never* a 'struggle.'" [5]
- Recommendations[4]:
  - 2-3 days a week
    - Strengthening: Goal of 8-15 reps in a set; Repeat 1-3 sets
    - Aerobic: Goal of 10-40 mins, with intermittent rest as needed
    - Stretching: Hold stretches for at least 30 seconds; Repeat 2 times
    - Balance
  - Moderate Intensity
    - Between "light" and "somewhat hard"
    - Noticeable increase in breathing
    - "Light"= conversation possible
    - "Somewhat hard"= conversation is more difficult
  - Rest Breaks

- **PT can be a resource for you when developing an exercise program!**

Exercise Tips, cont.

- Being tired and sore is not necessarily a bad thing
- 1 hour rule
  - If still exhausted after one hour, probably too much
- Core temp increases
  - May feel temporary increase in symptoms
- Exercise diary

- Motivational strategies?

Setting Goals!

- Remember:
  - Physical activity is beneficial
  - Incorporate what you love to do

- Refer to "Goals" Handout
  - How to set goals
  - 3 things learned from this presentation
  - 3 short term goals (1 week)
  - 3 long term goals (2-3 months)

If you hear a voice within you say “you cannot paint,” then by all means paint and that voice will be silenced.

- Vincent Van Gogh

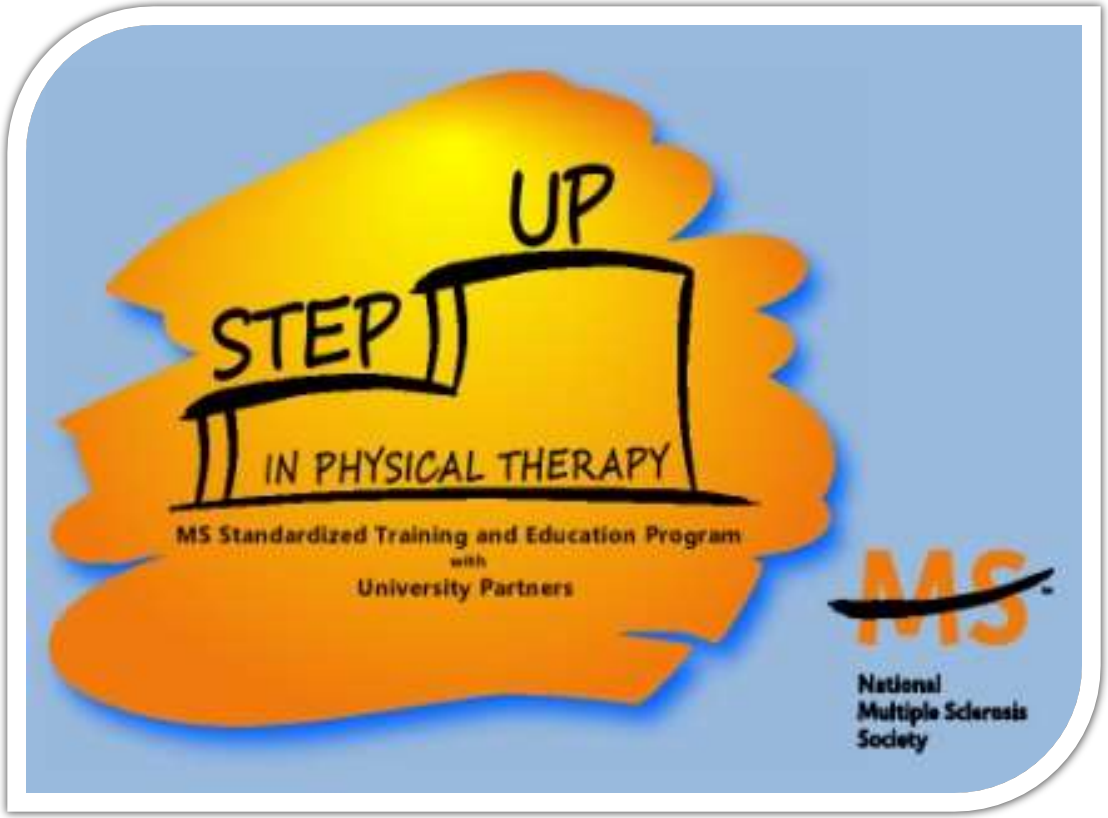
The only person you are destined to become is the person you decide to be.

- Ralph Waldo Emerson

Start where you are. Use what you have. Do what you can.

- Arthur Ashe

Questions?


STEP UP
IN PHYSICAL THERAPY
MS Standardized Training and Education Program
with
University Partners
MS
National
Multiple Sclerosis
Society

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