

OCCUPATIONAL THERAPISTS

PHYSIOTHERAPISTS

EXERCISE PHYSIOLOGISTS

ACCESSIBLE GYM

REHABILITATION CONSULTANTS

**MPOT™**

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# MULTIPLE SCLEROSIS (MS)

Multiple Sclerosis, or MS, is a long-lasting disease that can affect your brain, spinal cord, and the optic nerves in your eyes. It can cause problems with vision, balance, muscle control, and other basic body functions.

The effects are often different for everyone who has the disease. Some people have mild symptoms and don't need treatment. Others will have trouble getting around and doing daily tasks.

Because the progress, severity, and specific symptoms of this illness are unpredictable and vary from one individual to another - no one type of exercise prescription will benefit two individuals in the same way.



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Regular exercise is useful for maintaining general fitness and may also help reduce the impact of specific symptoms of Multiple Sclerosis and help maintain optimum physical function.

### Reported benefits include:

- Reduced fatigue levels and improved endurance
- Improved balance and coordination and muscle strength
- Improved posture and flexibility
- Improved mood and sense of wellbeing
- Improved alertness and concentration

Furthermore people with MS, who exercise regularly, gain the same benefits as the general population in terms of reducing the risk of secondary complications due to inactivity.

### - SERVICES CAN BE ACCESSED BY -

NDIS Participants | Privately Insured Clients | GP Plans | DVA Clients (Gold and White Card Holders)  
Clients with Third Party / Compensable Claims - including  
Workplace Injury, Motor Vehicle Accident, Income Protection / Disability & Public Liability