Wellness and Exercise at Home

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Exercising with MS (during COVID-19)

EXERCISING CAN BE CHALLENGING AT THE BEST OF TIMES...

...ADDING IN A GLOBAL PANDEMIC MAKES IT ALL THE MORE DIFFICULT
Exercising with MS (during COVID-19)

REOPENNING…(?)

• Still mostly working/staying at home
• Gyms/ Studios are not open
• Social distancing is still in effect
Exercising with MS (during COVID-19)

Shelter in place = more time at home

Less active
More sedentary

EXERCISE & ACTIVITY ARE VITAL TO MAINTAINING HEALTH, REDUCE NEGATIVE COMORBIDITIES AND SECONDARY EFFECTS

MOOD
CARDIOVASCULAR (heart health)
Bone health
Sleep/ Stress/ MORE…
Stretching to improve joint flexibility

- **How much?**
  - *More than you think*
  - 30 seconds 5-6 times a day

- **How hard?**
  - *Less than you think*

- Stretch till you feel a pull, then hold. If it hurts you are probably stretching too hard
Stretching Exercises

- More time sitting = tight, short Psoas and Quad muscles

- STRETCH

https://www.lower-back-pain-answers.com/iliopsoas.html
Stretching Exercises

- More time sitting = tight, short Psoas and Quad muscles

- STRETCH

Chair option

Floor option
Stretching Exercises

Hamstring Stretches (standing and seated)
Stretching Exercises

Calf Stretches – against the wall

Hip Flexor Stretch on floor and from chair
Stretching Exercises

Calf Stretches – against the wall

Hip Flexor Stretch on floor and from chair
Stretching Exercises

- Neck and Shoulder
- Spine Health

Strengthening Exercises

Sit to Stands and/or Squats
Strengthening Exercises

Heel and toe raises (double and single leg) – seated or standing
Strengthening Exercises

Marches

Seated core exercises

Figure 1

Figure 2
FALLS – Risk Factors & What to do

Fatigue
- Fluctuating energy levels and poor sleep
  - Take breaks often and use assistive devices for longer trips

Impaired Balance & Muscle Weakness
- Muscle spasticity and medication side effects
  - Go for a walk or do a seated exercise 2-3 times a week
FALLS – Risk Factors & What to do

Decreased Attention and Multi-tasking
Difficulty concentrating and trying to do too many things at once

Environment and Temperature
Falls often happen indoors and heat increases your symptoms

Planning is key to reducing falls! Dress while seated and don’t text and walk

Stay cool by taking frequent breaks, have enough light and make sure floors are clear of obstacles
Falls commonly occur inside
Take steps to make your home safe

Clear way to the Bathroom

Avoid Clutter and Rugs

Night Light

Be Aware of Pets

Be Safe in Your Home
Walking Outside

Be safe, Wear a mask, TAKE BREAKS --- stay 6 feet apart

If it is safe to do so – take a walk outside. Or ask someone to take you.

Use a cane that folds out into a seat to help you take rest breaks.
Helpful Websites For Home Exercising

MS WORKOUTS for FREE:
https://www.msworkouts.com/no-cost-at-home-exercises

Good videos to keep moving with MS:

IOMSN Yoga link:
https://www.omsyoga.org/live-stream.html

TaiChi - Netflix:
https://www.thegreatcoursesplus.com/mastering-tai-chi