Balance problems and falls are a safety concern! Over half of people with MS report falling in the last year.

Physical therapy has been shown to...
- Improve balance
- Decrease falls
- Decrease fatigue
- Improve mobility

Find a board-certified neurological specialist Physical Therapist:
http://www.abpts.org/findaspecialist

Or visit UCSF Faculty Practice:
Locations in Mission Bay, Mount Zion, Lakeshore

Other Community Resources:
Adaptive Yoga at YMCA SF
https://www.ymcasf.org/

Your body uses three systems to maintain your balance…one or more of these systems can be impaired in people with MS

- Vision
- Inner ear/vestibular
- Proprioception
  Feeling the surface beneath

These systems are often impaired in people with MS, which can make it hard to walk at night, turn, and walk when changing surfaces (e.g. concrete to grass)
Do You Have Balance Problems?

Do you use furniture to steady yourself? Do you feel unbalanced when turning?

YES

Consult a neuro-PT for guidance

SOMETIMES

You could benefit from PT. Try the exercises on page 3

NO

Challenge yourself with the exercises on page 4

YES

To improve your balance, try the exercises on page 2

NO
Beginner Exercises

Reach to same side
Reach across
Reach to floor
Medium Exercises

Stand feet together

Stand heel to toe

Stand on compliant surface*

* This is an unstable surface – for example a rolled-up yoga matt or sofa cushion
Challenging Exercises

Standing march

Heel-toe walk

Head turns while walking
See your PT if...

- These exercises are too easy or too challenging
- You haven’t fallen, but are constantly worried you will fall
- You’re unsure which exercises to do
- You have any questions!

Safety tips:

- Sit in a stable chair
- Wear non-skid shoes
- Start with stable surface exercises
- Keep a stable, sturdy chair or table nearby in case of loss of balance
- Always have a caregiver or friend around for support

Remember: This information is not meant to replace medical advice!