Did you know that...Over half of people with Multiple Sclerosis (MS) fall at least once every 6 months. Some of these falls can lead to injuries.

Falls can be prevented

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
Tel: 415.353.7598

Learn how you can reduce your risk of falls
**Risk Factors**

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

**Impaired Balance and Muscle Weakness**
- Muscle spasticity and medication side effects
  - Go for a walk or do a seated exercise 2-3 times a week

**What Can You Do?**

**Decreased Attention and Multi-tasking**
- Difficulty concentrating and trying to do too many things at once
  - Planning is key to reducing falls. Dress while seated and don’t text and walk

**Environment and Temperature**
- Falls often happen indoors and heat increases your symptoms
  - Stay cool by taking frequent breaks, have enough light and make sure floors are clear of obstacles