Exercising with MS

by NEWLIFEOUTLOOK TEAM

Exercising with MS for a Better Life

Exercise has been shown to help improve many of the symptoms MS patients experience, but only if that exercise is being done safely.

Always have water nearby to stay hydrated and consider exercises that allow you to avoid a flare-up caused by your heat sensitivity. Swimming can be a great exercise, since you can go to an indoor pool all year round and the water will keep you naturally cool. And it's easy to take a break if you're feeling tired – just float and relax for a while.

Whatever exercise you choose, don't push yourself too hard. If you feel like you're going to be sick or if something starts hurting, stop immediately, rest, and get some water.

For more information on the benefits of exercising with MS and tips for exercising safely, read our exercising with MS infographic below.

From
Steady Health


MULTIPLE SCLEROSIS & EXERCISE
A study published by researchers at the University of Utah in 1996 was the first to demonstrate the benefits of exercise for people with MS. Since then, several additional studies have confirmed the same.
PATIENTS WHO PARTICIPATED IN AN AEROBIC EXERCISE PROGRAM HAD BETTER:
CARDIOVASCULAR FITNESS
IMPROVED STRENGTH
BETTER BLADDER AND BOWEL FUNCTION
LESS FATIGUE
LESS DEPRESSION
A MORE POSITIVE ATTITUDE
INCREASED PARTICIPATION IN SOCIAL ACTIVITIES
INACTIVITY IN PEOPLE WITH MS CAN RESULT IN NUMEROUS RISK FACTORS ASSOCIATED WITH:
CORONARY HEART DISEASE
WEAKNESS OF MUSCLES
DECREASED BONE DENSITY
INCREASED RISK OF FRACTURE
SHALLOW, INEFFICIENT BREATHING
Talk to your doctor about the types of exercise best suited to you and those you should avoid, as well as intensity and duration of the workout.
AVOID EXTREME TEMPERATURES
Heat and high humidity, as well as very cold temperatures can cause people with MS to experience a temporary worsening of symptoms.
AVOID EXTREME TEMPERATURES, INCLUDING HOT BATHS, SHOWERS, AND SAUNAS
DON'T EXERCISE DURING THE HOT TIME OF THE DAY (10 A.M. TO 2 P.M.).
TIPS THAT CAN HELP:
IN HOT AND HUMID WEATHER, STAY COOL AND DRY BY USING COOLING EQUIPMENT AND DRINKING COOL BEVERAGES.
IF YOU ARE WORKING OUT OUTSIDE EXERCISE IN THE MORNING OR EVENING.
DRINK PLENTY OF COOL FLUIDS.
DO NOT OVERDO IT
If you overdo it, you can end up straining an already compromised muscular system, increasing pain, and causing your body and mind to become overstressed, overworked, and overtired.
TIPS THAT CAN HELP:
DO NOT "STRETCH TILL IT HURTS" AND DO NOT "FEEL THE BURN".
IF AT ANY TIME YOU FEEL SICK OR YOU BEGIN TO HURT, STOP.
RESPECT THE "TWO-HOUR RULE": IF YOU DON'T FEEL AS GOOD TWO HOURS AFTER EXERCISING AS YOU DID BEFORE YOU STARTED, THEN YOU PROBABLY DID TOO MUCH.
TIPS FOR SAFE EXERCISE
THE TYPE OF EXERCISE THAT WORKS BEST FOR YOU DEPENDS ON YOUR SYMPTOMS, FITNESS LEVEL, AND OVERALL HEALTH.
WATER AEROBICS
SWIMMING
TAI CHI
YOGA
ARE EXAMPLES OF EXERCISES THAT OFTEN WORK WELL FOR PEOPLE WITH MS.
ALWAYS WARM UP BEFORE BEGINNING YOUR EXERCISE ROUTINE, AND COOL DOWN AT THE END.
WORK OUT IN A SAFE ENVIRONMENT:
AVOID SLIPPERY FLOORS, POOR LIGHTING, THROW RUGS, AND OTHER POTENTIAL TRIPPING HAZARDS.
IF YOU HAVE DIFFICULTY WITH BALANCE, EXERCISE WITHIN REACH OF A GRAB BAR OR RAIL.
HOW TO AVOID OVERHEATING WHILE WORKING OUT
SWIMMING AND WATER AEROBICS ARE GOOD EXERCISE OPTIONS TO KEEP YOU COOL WHILE EXERCISING. THE WATER TEMPERATURE SHOULD BE BETWEEN 80 AND 84 DEGREES.
COOLING VESTS CAN BE WORN TO HELP YOU STAY COOL DURING EXERCISE AND CAN HELP YOU STAY COMFORTABLE WHEN YOU'RE OUTSIDE ON A WARM DAY.
IF YOU NOTICE ANY SYMPTOMS THAT YOU DIDN'T HAVE BEFORE YOU BEGAN EXERCISING, SLOW DOWN OR STOP EXERCISING UNTIL YOU COOL DOWN.
SteadyHealth.com
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