# Dance Therapy for MS

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## Benefits of Dance Therapy for MS

Dance therapy is an alternative treatment method that has been shown to be effective for both physical and cognitive enhancement in multiple sclerosis patients. If you have MS and are interested in a new way to improve your symptoms, you may find that dance therapy offers an effective treatment method for reducing both the mental and physical side effects.

### Increase Your Mobility

MS can affect the area of the brain responsible for coordination. When you are dancing, you're using coordinating movement and following direction. This stimulates your brain and helps enhance your ability to continue these movements properly. It may be tempting to stop using coordination movements when it becomes difficult, but this can actually cause the problem to get worse and lead to quicker progression of symptoms.

Most people with MS know that staying idle can cause your symptoms to progress, while also potentially leading to emotional issues such as depression and anxiety. By getting out and taking part in a dance therapy class, you're able to stay mobile, all while connecting with others.

### Exercise

Additionally, dance is a form of exercise and there's several studies on the link between exercise and MS. When you exercise regularly with MS, you can slow down the progression of this degenerative condition. While exercise on a daily basis can be difficult at times, dance therapy is a form of exercise that offers results. Exercise offers physical and mental stimulation, both of which are key to being healthy.

### Gain Independence

The side-effects of MS can often make a person feel as if they've lost their independence. You may need to count on others to help you with many of your daily activities, and this feeling of needing someone from the outside can take a toll on your mental health. However, when you incorporate dance therapy into your daily routine, you're allowing yourself to have control over something in your life, reminding you that your life is yours.

Being in your healthiest state is beneficial for anyone. When you have MS, the healthier you are, the slower the condition progresses, and the less severe your symptoms will be. And the healthier you are, the stronger your immune system is, and the quicker you can ward away illnesses. Past studies observed individuals who took part in a regular dance routine, and the results displayed that the participants showed a healthier body, stronger immune system, and an overall feeling of being healthier.

The results offered information that can help people with MS, and several other health conditions. The researchers said this information offers new hope, because some patients don't respond well to medication, but

seeing how effective dance therapy can be for MS shows that there are options outside of traditional medication.