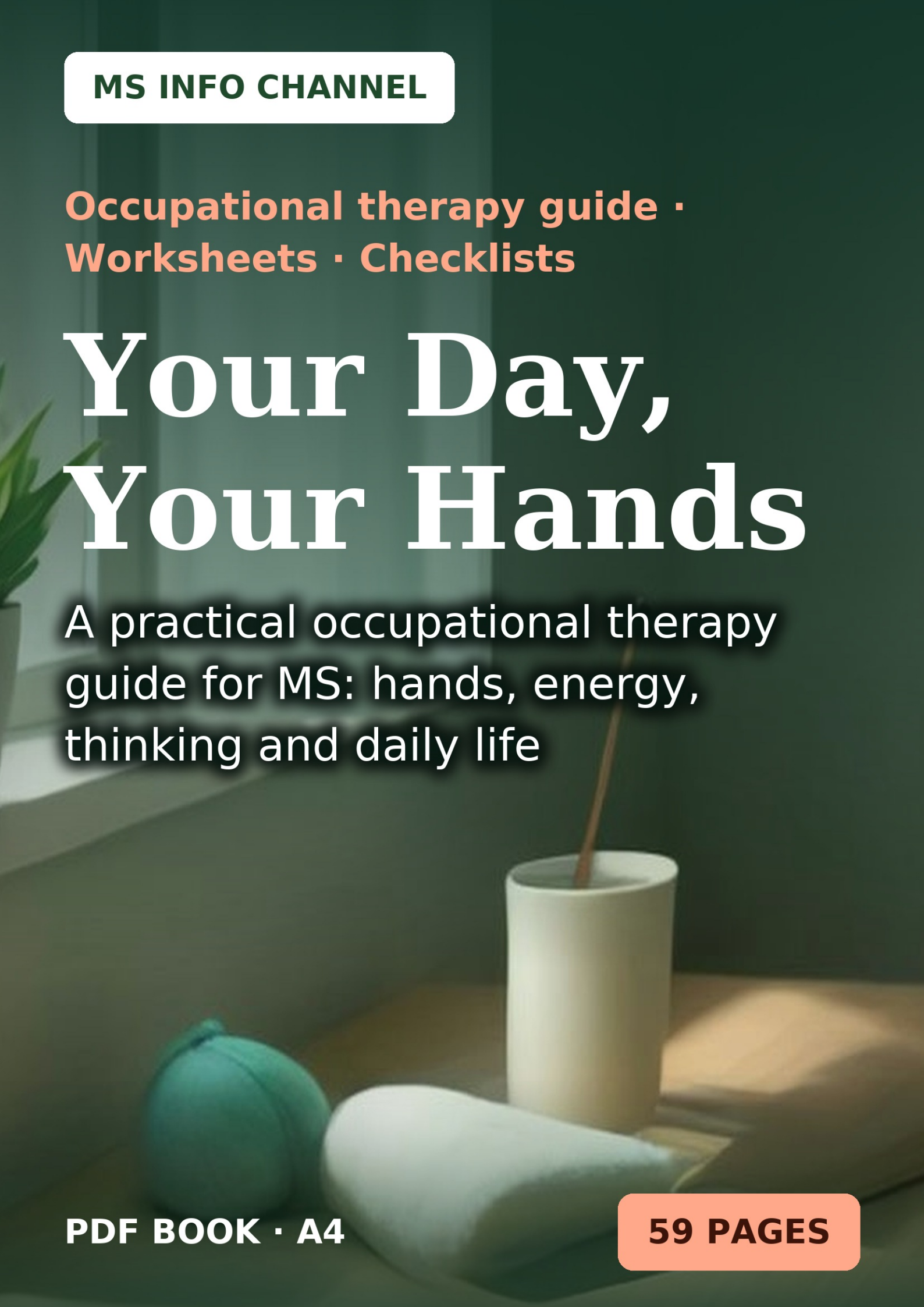
MS INFO CHANNEL

Occupational therapy guide · Worksheets · Checklists

Your Day, Your Hands

A practical occupational therapy guide for MS: hands, energy, thinking and daily life



PDF BOOK · A4

59 PAGES

Contents

Imprint and notices 2

Foreword: this book is about your daily life 6

How to use this book 6

How honest this book is 6

Where this book is about Germany 7

What is proven only for other conditions 7

1 What is occupational therapy in MS? 8

The idea in one sentence 8

Occupational therapy and physiotherapy 8

Where the guideline mentions it 8

What research says 9

What does therapy look like? 11

2 Hands and fine motor skills 12

How common are hand problems? 12

Why does the hand matter so much? 12

How are hands measured? 12

Practise tasks that matter 13

Tremor and coordination (ataxia) 14

What is described for tremor 15

Practical ideas for the hand (not proven in MS studies) 17

Worksheet: my hand in daily life 18

3 Energy and fatigue 20

What is fatigue? 20

How common is it? 20

Foreword: this book is about your daily life

What to expect and how to use it.

You want more control over your day. You want to pour coffee without spilling it. You want your energy to last. You want to stop forgetting things. Occupational therapy exists for exactly this.

This book explains what occupational therapy can do in MS. It also tells you honestly what we do not know. You will find questions and answers, checklists, worksheets to fill in and conversation aids for your doctor visit.

How to use this book

- You do not have to read from the front. Jump to the topic that matters to you now.
- The chapters are short. Read in small portions when you are tired.
- Print the worksheets, or use them as a template on screen.
- Every number has a source in square brackets. The list is at the end.

How honest this book is

The best overview of occupational therapy in MS is a Cochrane review from 2026. Its conclusion is careful: occupational therapy may help, but the certainty of the evidence is low [1]. That does not mean it does nothing. It means the studies are still small and very different from each other.

REMEMBER Important

This book does not replace advice from your neurologist or your occupational therapist. It gives no doses, no individual treatment plans and no legal advice. You decide together what fits you.

INFO Status of the information

Everything here is accurate as of 4 November 2026. Laws and costs change. Check important amounts with your insurer or health service.

INFO Invented examples

The case examples in this book are invented. They only show what a daily life can look like. They are not real people and not study results.

Where this book is about Germany

The studies and the guideline cited here are international or German. The rules on prescriptions, co-payments and care benefits are German. They are marked with the word Germany. If you live elsewhere, the general advice still helps, but ask your own health system how access works. We do not describe rules for other countries.

What is proven only for other conditions

Some everyday ideas come from occupational therapy in general. If something has been studied only in other conditions, or not at all, the book says so. Such tips are ideas to try, not treatment.

1 What is occupational therapy in MS?

Goals, process and what research says.

The idea in one sentence

Occupational therapy helps you do the things that matter to you. That can be eating, dressing, writing, cooking, working or hobbies. The German guideline names three areas: self-care, productivity and leisure [2].

Its examples are eating on your own or using a mobile phone [2]. So occupational therapy does not first ask: what is broken? It asks: what do you want to be able to do again?

Occupational therapy and physiotherapy

The two often work together. According to the guideline, physiotherapy mainly trains coordination, moving from one position to another, walking and balance. Occupational therapy pursues these goals too. Its focus is on carrying out personally important daily activities [2].

Table 1: Rough difference in focus

	Physiotherapy	Occupational therapy
Question	How do I move better?	How do I manage my task?
Example	Walking, balance, transfers	Eating, dressing, phone, workplace
Shared	Coordination and daily life	Coordination and daily life

Source: [2] German MS guideline 2026.

Where the guideline mentions it

The German guideline mentions occupational therapy in several places [2]:

- for poor coordination (ataxia) and tremor
- for fatigue, as energy management training

- for problems with thinking and memory, as brain performance training for daily life
- for depression, to keep daily life and participation going
- in multimodal rehabilitation together with physiotherapy, neuropsychology, speech therapy and aids

What research says

The 2026 Cochrane review combines 20 studies with 1,628 adults with MS. Most had mild to moderate disability. Ten studies tested fatigue programmes, nine trained daily activities and one looked at social participation [1].

Result shortly after treatment: compared with another active treatment, occupational therapy may slightly improve everyday function. Compared with no treatment the effect was moderate, but uncertain. All of these results have low or very low certainty [1].

There was little or no effect on participation. Nothing was reported systematically about unwanted effects. How long benefits last is uncertain [1].

REMEMBER

Occupational therapy in MS is not a miracle cure. It is a tool that can help many people in daily life. Research still needs better studies.