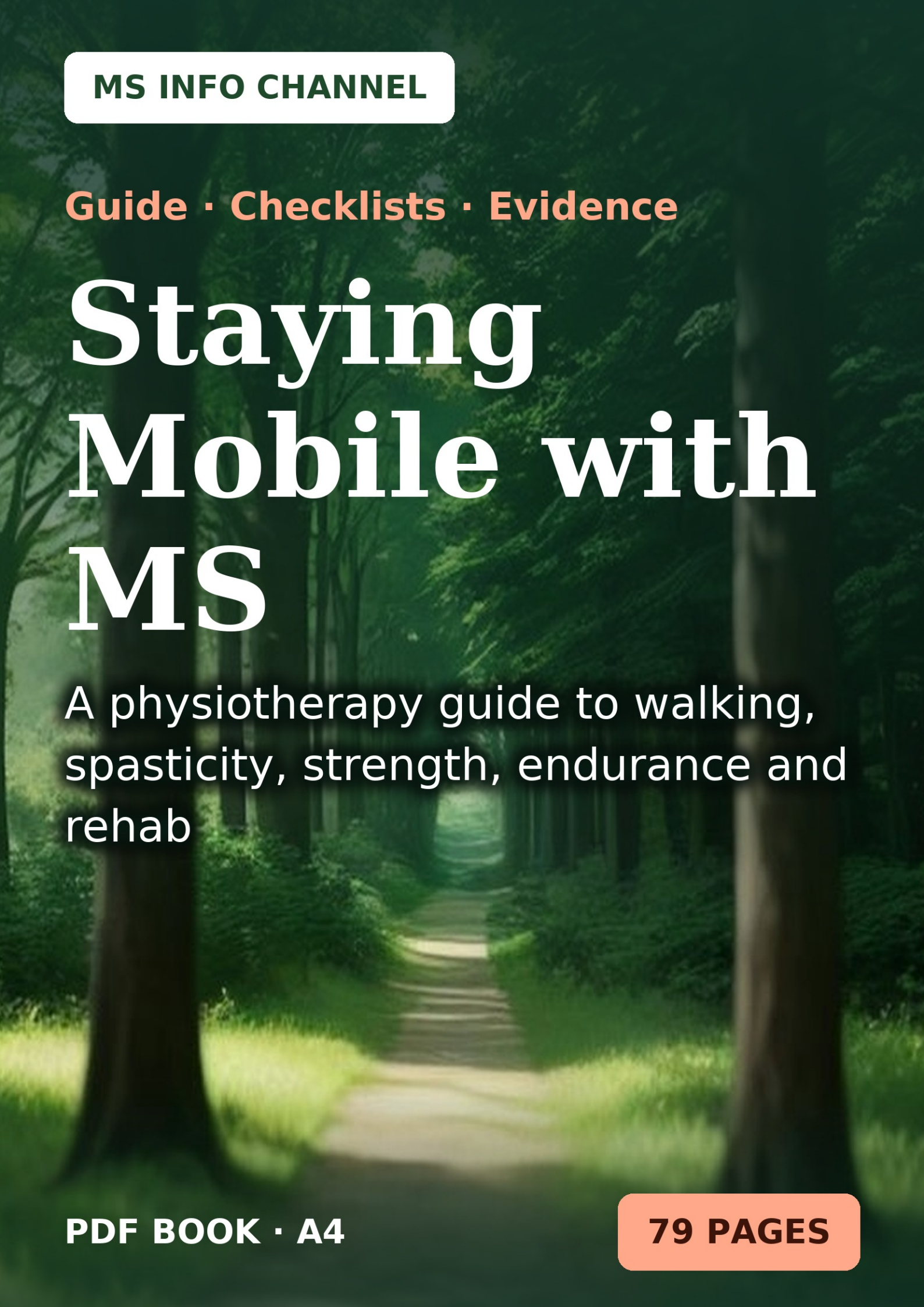

MS INFO CHANNEL
Guide · Checklists · Evidence
Staying Mobile with MS
A physiotherapy guide to walking, spasticity, strength, endurance and rehab
PDF BOOK · A4
79 PAGES

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Foreword: How to use this book

This book helps you understand physiotherapy in MS and plan it well with your care team.

Physiotherapy is not a side issue in MS. It is part of treatment. The German neurology guideline (DGN) says that everyone with MS should be told about the benefits of strength and endurance training from the time of diagnosis [1].

This book explains what the research shows. It also explains how prescriptions for therapy work in Germany. You get questions, checklists and worksheets to take along, so you arrive at appointments prepared.

REMEMBER What this book is not

It is not a training plan and not a treatment. It gives no dosages and no individual advice. You plan your training and therapy with your neurologist and your physiotherapist.

How solid is a statement?

Not every statement is equally well supported. For important points the book shows where they come from. The number in square brackets points to the source list at the end.

Table 1: How reliable is a statement?

Level	What it means
High	A review with good data, or strong agreement in a guideline
Medium	A review of mixed quality, or one controlled trial
Low	Few or uncertain data
Opinion	Expert view without solid studies

Source: this book's own grading, following the usual way of rating study quality

> **INFO Good to know: a guideline is a consensus**
>
> The DGN guideline is an S2k guideline. That means experts agreed on recommendations. It is not a study and it is not legally binding [1].

Labels used in this book

- **Case examples** are invented. They are clearly marked as invented.
- What was tested only in **other conditions**, such as stroke, is marked as such.
- Boxes titled **When to see a doctor** list warning signs.
- **Worksheets** can be printed and filled in. Nothing is stored.
- Parts about statutory health insurance are marked **Germany**.

How to read

You do not have to read from front to back. Jump to what matters to you today. Read in small portions when you are tired.

Table 2: Where do I find what?

My topic	Chapter
Why movement is part of treatment	1
Strength and endurance	2
Heat and relapses	3

My topic	Chapter
Walking and balance	4
Falls	5
Spasticity	6
Methods and concepts	7
Rehabilitation	8
Prescriptions and costs (Germany)	9
Doctor visit, worksheets, case examples	10 to 12

Source: own overview

WHEN TO SEE A DOCTOR

- new symptoms that last longer than about a day and are not explained by heat [1]
- sudden vision problems, weakness or paralysis, or severe dizziness (emergency: call your local emergency number)
- before you raise your training a lot or change medication

1 Why movement is part of treatment

People with MS used to be told to rest. Today training is seen as part of treatment from diagnosis.

From rest to movement

People with MS were often advised against sport. That advice is now seen as outdated [4]. The research has changed. Several large reviews have looked at exercise in MS.

An early Cochrane review pooled 9 good trials with 260 participants. It found strong evidence of benefit for muscle strength, fitness and mobility. No harmful effects were seen [2].

REMEMBER In one sentence

In the studies reviewed, exercise showed no sign of harm. The guideline advises strength and endurance training from diagnosis [1][2].

What the guideline says

The DGN guideline recommends that all people with MS are informed about the benefit of strength and endurance training from diagnosis. Fitness should ideally be checked regularly [1].

An international expert group reached the same view. It recommends promoting exercise for everyone with MS and arranging early advice from physiotherapy, occupational therapy or exercise science [8].

INFO How sure is this?

The guideline advice is expert consensus, and some of the studies behind it are small. But the direction is the same everywhere: movement helps, rest does not [1][4][5].