Yoga and Non-Cardio Exercise: Allies in Managing MS Symptoms and Improving Overall Health

April 11, 2017

Presented by:
Genentech | Teva Pharmaceuticals | Acorda Therapeutics
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What, no CARDIO?!?!

• Cardiac exercises ARE important components of an exercise program and overall wellness.

• BUT other factors are equally important!

• You may not be able to participate in cardiac activities for a number of reasons.

• Whether you can or cannot, your wellness program must include areas that are commonly emphasized with MS.
Aspects of an exercise program (non cardio):

• Keep in mind you have probably heard these before. **ALL are important!**
  
  • Strength training
  
  • Flexibility (stretching, range of motion)
  
  • Balance and Coordination
  
  • Stress reducers
Let’s practice!!
Right here, right now

- Pelvic tilt
- Ear to shoulder
- Unweighting each SIT bone
- Shoulder rolls/shrugs
- Quad sets/glut sets
- Ankle pumps

©COAST Rehab
How do you feel now?
Barriers to Exercise… especially with MS

• Fatigue
• Depression
• Sleep
• Altered sensation
• Pain
• Spasticity/Weakness
• Stress
• Previously sedentary/priorities

• Endurance
• Mobility/Transport
• Accessibility
• Fear
• Heat
• Denial
• Self Image/Peer Pressure
• Cognitive changes
Why Choose to Exercise When You Have Multiple Sclerosis?

• Exercise and Brain Health: Exercise may have a neuroprotective effect

• Insulin-like growth factor-1 appears to act as a neuroprotective agent and studies indicate that exercise could promote this factor in MS

• Brain-derived neurotrophic factor (BDNF) increases in the hippocampus with physical activity, which may help lessen the decline in cognitive function in MS

• Cardiac risk factors lowered with yoga

Symptom Management

• Another way to control MS beyond disease-modifying treatments

• Activities in your individual exercise program should address symptoms:
  • Spasticity/Ataxia/Tremors
  • Fatigue
  • Weakness
  • Balance and coordination deficits
  • Pain
  • Depression
Symptom Management - Exercising

- **Fatigue**
  - Increases stamina & endurance

- **Pain**
  - Posture
  - Contractures

- **Depression**
  - Decreases stress
  - Social interaction

© Bodi Empowerment
Symptom Management - Exercising

• Weakness
  • Improves posture

• Bladder
  • Pelvic floor strengthening

• Bowels
  • Encourages bowel peristalsis or movement
Symptom Management - Medications

• Fatigue
  • Amantadine Provigil

• Pain
  • Neuroleptics

• Depression
  • SSRI’s
  • Counseling
Symptom Management - Medications

• Weakness
  • Amapyra

• Bladder
  • Anticholengics

• Bowels
  • Fiber
  • Stool softner
Exercise and Activity

WE ARE MADE TO MOVE!!

• If normal patterns of movement are compromised, modifications must be made.
• Everyone can do something.
• Incorporate your choices into your daily life.
• Be creative!
• Have fun!
• Be social!
Your Care Team

Coordination between all members is vitally important
WHAT to do? Who can help me?!?!?

• **VERY** important to find excellent team members for your healthy program.

• **YOU** are the driver and must instruct the others what you want out of your program & what works for **you**.

• You may need to **explore options** that are totally new to you and outside of your wheelhouse and **comfort zone**.

• Look at this as an **OPPORTUNITY!!!**

• **Find support** - groups/programs through NMSS/churches/gyms/YMCA/YWCA, community centers

• IF you don’t find what you like or need, **YOU** can be the catalyst to start something in your area!!
WHAT to do? (con’t.)

• Some activities may incorporate all or some of the areas previously mentioned (strengthening, balance and coordination, flexibility)

  • Strengthening
  • Yoga
  • Tai Chi
  • Pilates
  • Aquatic exercises
Weakness

- We lose **strength and muscle** mass as we age.
- Inactivity = greater loss of strength + muscle atrophy
- May be due to decreased neurotransmission
- May be secondary to fatigue or spasticity
- Identify cause
Strengthening

• VERY important part of your program, even if you had never done any before!!

• May improve areas of weakness & muscle imbalances.

• Can even improve posture, gait, respiratory function, & balance.

• The best part: MUSCLE BURNS MORE CALORIES AT REST!!!!
Types of Strengthening:

• Free weights - excellent **but be careful** – keep safety in mind!

• Ankle/wrist weights

• Theraband/exercise bands

• Swiss Ball

• Aquatic exercises-water acts as resistance! **YOU DO NOT NEED TO BE A SWIMMER** to gain benefits of aquatics and enjoy it! (be aware of water temperature)

• Weight machines
  • Kettle balls/weighted balls
More on Strengthening:

• Progression should be monitored
• Emphasize areas that are identified as weak, but you need an overall strengthening program: Upper extremities, lower extremities, trunk (core)
• Vary activities to prevent overuse injuries
• LISTEN to your body!
• In general, 2-3x/week
Flexibility (stretching, range of motion-ROM)

• Lack of ROM can cause pain/discomfort and possibly eventual permanent loss of full range (contractures)

• Lack of ROM can lead to secondary problems such as orthopedic problems, gait deviations, frozen shoulder, kyphosis, plantar fascitis, bed sores
Flexibility (stretching, range of motion-ROM)

• VERY important part of a program
• Direct link to balance and coordination
• Can help fight spasticity when done properly
• Like all exercise, safety first
Types of Flexibility exercises:

- Yoga
- Tai Chi
- Pilates
- Daily stretches that incorporate all of the body
- Swiss Ball
- Use of bands

ALL ACTIVITIES CAN BE MODIFIED AS NEEDED!!
More on Flexibility:

• Can be done at any functional level
• May need help of a support partner, PT, OT, etc
• Can be done in seated, supine, prone, standing, etc.
• Should be one daily
• Make sure you are getting all areas of the body-DAILY!
• Look for classes.....NMSS, etc that will do the modifications for you.
• Keep safety in mind!!
• Are any braces, supports needed? Professional assessment!
Medications

• Spasms
  • Baclofen
  • Benzodiazepine
  • Acupuncture
  • Cold or hot packs
  • TENS
  • Yoga
Balance and Coordination (B and C)

• Strength and ROM contribute to B and C!!! (along with other factors, i.e. fatigue, spasticity, pain, etc.)

• VERY important to be properly assessed for B and C. Safety is paramount!!!

• Assistive devices or braces

• Can be done on land, in water, on Swiss Ball, etc.

• Be aware of dizziness, vertigo, visual deficits, decreased sensation in feet and legs…

  “where things are in space”

• Like most symptoms related to MS, may vary daily
Types of Balance and Coordination Activities

• Aquatics: classes, walking/marching forwards, backwards, and sideways

• Harnessed walking: find a PT clinic that offers this—excellent for balance and confidence!

• Swiss Ball—numerous B and C activities on the ball. May use a “peanut shape” for increased balance. May need a spotter or support partner, PT for safety on ball. Can be very fun!!

• Use kitchen counter, variety of floor surfaces, or outdoors (again SAFETY IS PARAMOUNT!)

• Caution with shoes, carpets, throw rugs, slopes, weather, pets, toys, uneven surfaces, transitions
Yoga

• Extremely beneficial! Works on all areas covered… and reduces stress!

• MANY types of yoga. Something for everyone

• Flow, mat only, wheelchair, mix of poses/positions

• Can be rigorous or very light

• Try various types and instructors till you find what is best for you

• DVDs, TV programs, MS-focused classes, NMSS sponsored classes

http://www.nationalmssociety.org/Living-Well-With-MS/Health-Wellness/Exercise/Yoga
Tai Chi

• Works on **balance, mindfulness, concentration, positioning of body in space**

• Can be done at all levels

• Look for classes, DVDs, TV shows

• Positions can be modified

• Again, safety 1st!!!

• Cool environment

http://www.nationalmssociety.org/Living-Well-With-MS/Health-Wellness/Exercise/Adaptive-Tai-Chi
Pilates

• Large variety of Pilates exercises. Work on lengthening of muscles versus building “bulk.”
• Increase in strength and flexibility are noted
• Mat exercises-strengthening, stretching, B and C
• Reformer tables-more expensive
• Look for classes, DVDs, TV shows
• Seek classes that may target persons with MS
So let’s take control…

• Stay on medications that control the disease
• Symptom Management
• Exercise - We can all do 1% better
• Be kind to yourself and hope for the future
Other beneficial areas that are NON-CARDIO:

• Stress reduction!!!
• Relaxation!!!
• Mindful meditation!!!
• Activities that are FUN!!!
• Be social!!!
Questions/Comments

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https://www.mscando.org/get-involved
Can Do MS Resources

Find these resources at www.MSCanDo.org.
National MS Society Resources

- Stretching for People with MS
- Exercise as Part of Everyday Life
- Exercise & Physical Activity with MS
- Yoga and Tai Chi for MS
- Yoga Programming for People with MS
- Yoga & MS
- Tai Chi & MS
- Exercise – or not – in Water

Click on these links and access more resources at nationalMSsociety.org