

Patty's PT Tips

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Online Exercise and Educational Resources for FREE or at low cost

Mayo Clinic Balance Exercises slideshow is available at: www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/balance-exercises/sls-20076853?s=4 This covers very simple standing balance exercises but has more advanced exercises available on their website. FREE

University of Manitoba in Canada has a 118 page FREE PDF available if you want to take a deeper dive on information on principles of exercise. Google: **Physical Activity Guidelines for Americans, 2nd Edition**

National Institute on Aging: Go4Life-Has a variety of free material on exercise instruction FREE <https://www.nia.nih.gov> Type: EXERCISE in search box for lots of options

Yoga for Life through the Cleveland Clinic: Google- **Yoga for Life Las Vegas**. Then click on Programs tab then click on Virtual from the dropdown menu and you will find all sorts of options. FREE

Seated Exercise with Michele Harrison from The MS Center-videos available on YouTube-the videos include elements of Tai Chi, QiGong, Cardio, strengthening, stretching/flexibility. Simply Google Michele Harrison-seated exercise and the links should pop up. FREE

Can DO MS- www.cando-ms.org This is a large source of recorded educational webinars on a variety of topics that are experienced by people diagnosed with MS. They have virtual as well as in-person programs and "boot camps" for individuals of different ability levels. There are live monthly webinars on major topics that include exercise,

Activities of Daily Living and much more. You can submit questions and suggestions.
FREE

Above MS-supported by Biogen. You can get put on their email list to receive notifications of their online educational programs for FREE.
www.AboveMSinfo@biogen-email.com to get on their mailing list. Several of the drug companies have educational programs you can explore on line.

www.healthcentral.com Has instructional materials on “8 Exercises that Improve Balance for People with MS” This site has many more educational materials for people living with MS. FREE

www.everydayhealth.com “6 Best Exercises to Boost Wellness when you have Multiple Sclerosis”. FREE informational website on a wide variety of medical conditions.

Silver Sneakers- a program for those over 65 that has in person classes at local gyms/pools **and** virtual programs. Some insurances cover programs that have fees at pools and gyms. Explore their resources at: <https://tools.silversneakers.com>

AARP-senior exercise options that can also be appropriate for people with MS. This can be explored at: www.videos.aarp.org/category/video/fitness FREE

Qigong with Terry Leers-video free and paid content available on YouTube and Facebook. He also has chair Qigong videos. Google: Terry Leers and a lot comes up.

National MS Society www.nationalmssociety.org Has a large catalogue of resources in their “Living Well with MS” category. FREE

The MS Gym-Trevor Wicken-FREE and paid content www.themsgym.com Very well constructed progressive exercise program for people at all functional levels with MS. The lessons vary each day and are based on strong neurological and musculoskeletal fitness training principles. It is like having your own personal trainer at home for \$35/month. You can check out program with free lessons on line first. (This has become my personal go to program to keep me honest)

This is by no means a comprehensive list but has plenty to help you get started on your exercise journey. Remember **it has to be something you like to do** and can **do consistently** to really be effective. Exercise is never a quick fix but consistency over time leads to better and better function and wellness.

Today's Exercise: Seated Pelvic girdle exercises.

Anterior/posterior pelvic tilts

Side-to-side pelvic tilts

Pelvic Clocks

Pelvic rotation-alternating forward/backward

****Co-ordinate your breathing with all exercise****