

# Patty's PT Tips

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## Exercise Prepping for the Tough Stuff

1. Timing- assess the best time in the day for you. Establish a consistent time. Don't miss a day of doing **something** intentional that is in your best interest for strengthening.
2. Goal Setting- be realistic. Be willing to modify your goals. Don't expect those goals to be achieved as quickly as before MS. Don't be afraid to ask for professional help.
3. Attach at least one exercise to some movement you need for everyday function- i.e. seated trunk rotation for transfers
4. Think of doing something for every body part at least once a day. Not all exercises need to be done in the same session. Use a "body scan" technique to assess what area you can stretch or strengthen in the moment. That means thinking head to toes.
5. **Exhale with effort**-this will keep the muscles healthier and reduce fatigue.
6. Respect your limitations and honor how they might make you find "another way" to solve a practical need you have for movement

7. Respect fatigue-it's better to exercise when energy is optimal. Recognize muscle fatigue with repetitive movements. Sloppy exercise is teaching your neuromuscular system to do "dumb" things. Sometimes less is more.
  
8. Prepping to avoid falls and getting up from floor:
  - -requires arm, trunk and leg strength-work on your weak links
  - -utilize your strong muscle groups but call upon the weaker muscles as well
  - -play with balance in a safe environment
  - -face your fears and look for ways around the fear or prevent the onset of fear
  - -practice challenging situations with a partner you trust

### Today's Practice Exercises:

- 1) Armchair push ups
- 2) Sit to stand or bridging
- 3) Standing hip hinge or bridging
- 4) Seated trunk strengthening in flexion/extension/rotation

### Tips:

- Visualize the movement before you try it
- Feel the sensations in the active muscles
- Complete the effort through as much range of motion as you are capable of
- Celebrate your accomplishments *no matter how small*
- Negative self-talk defeats your progress-emphasize what you **Can Do** not what you can't do
- All "exercise snacks" count-give yourself credit. Sprinkle them throughout the day. It's a way to avoid exercise fatigue issues.