

Webinar Series



Recreational & Leisure Activity for Persons with MS

June 11, 2019

Presented by:

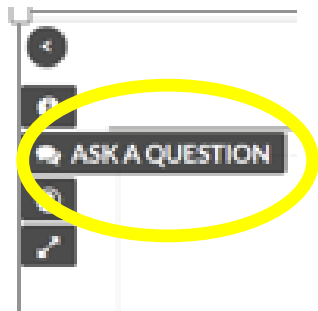


Celgene | Genentech | Mallinckrodt Pharmaceuticals



How to Ask Questions During the Webinar:

- Type in your question in the “Ask A Question” Box,
- This can be found by expanding the second box in your control panel on the left side of your screen.

A screenshot of the 'Ask A Question' interface. At the top, there's a title 'Ask A Question'. Below it is a large, empty rectangular box for typing a question. Underneath this box is a smaller text input field with the placeholder 'Type your question here'. Below the text input field is a 'SUBMIT' button. The entire interface is framed by a dark border. A yellow circle highlights the 'ASK A QUESTION' button in the control panel on the left side of the screen.

Alex Ng, PhD, FACSM



Exercise Physiologist
Marquette University

Chris Wegner

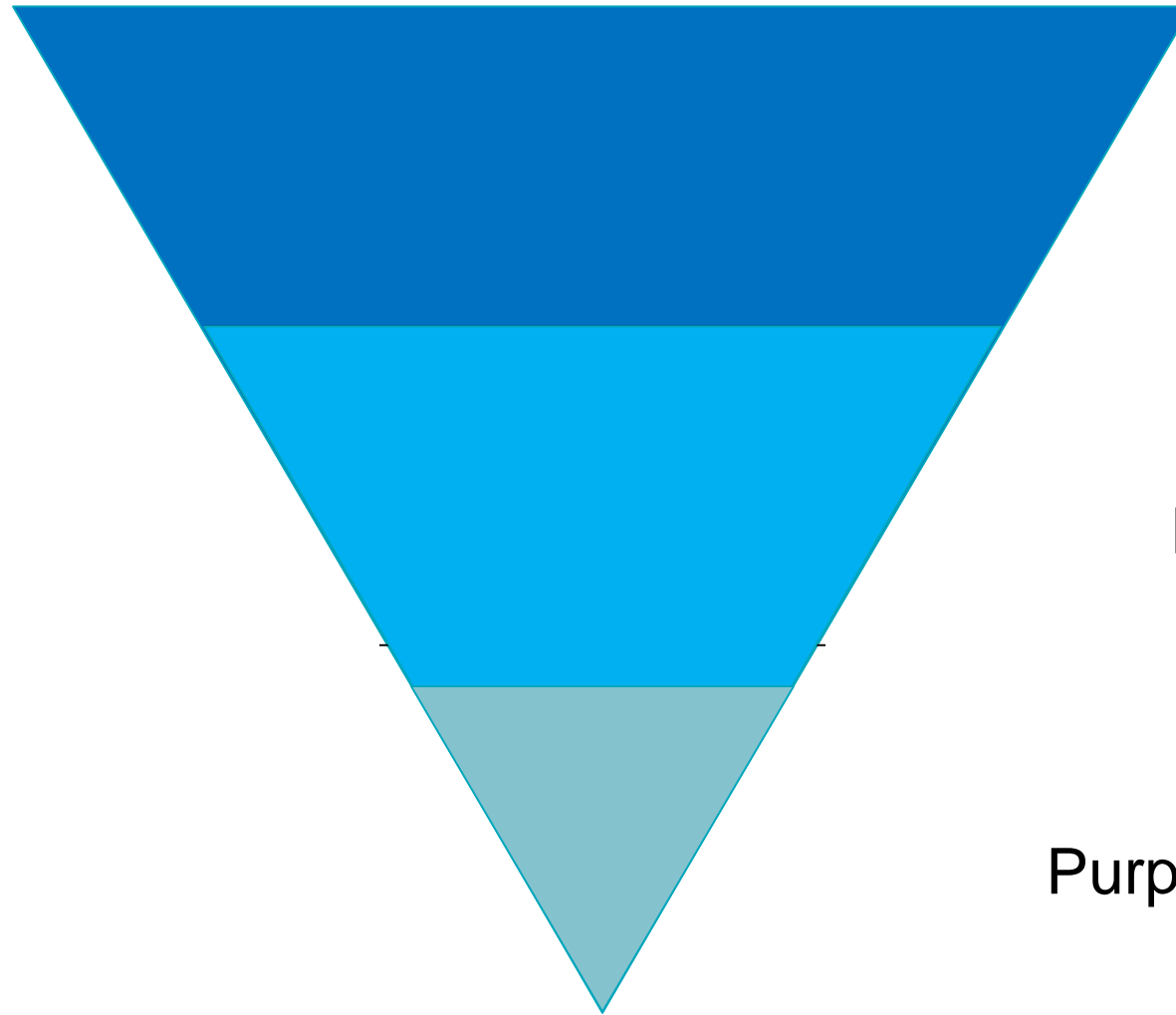
Living with MS
Milwaukee, WI



Objectives

- Understand the benefits of recreational physical activity to persons with (and without) MS.
- Understand the benefits of leisure activity to persons with (and without) MS.
- Understand the importance of the arts as therapy or for fun.

The Leisure Time Pyramid



“Non-Physical
Activity”

Physical Activity

Purposeful Exercise

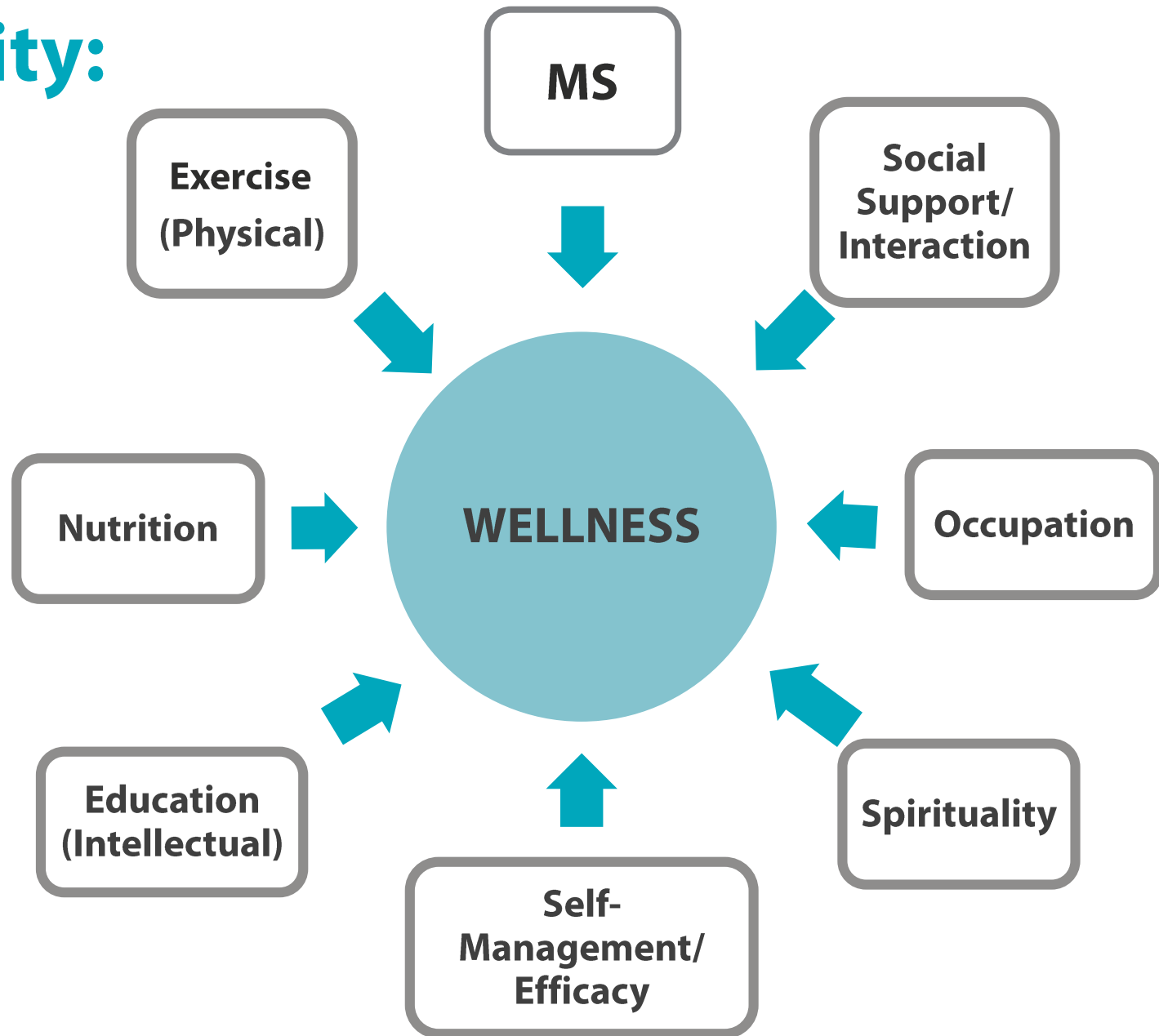
Importance of “Physical Activity” or “Exercise” for Everyone



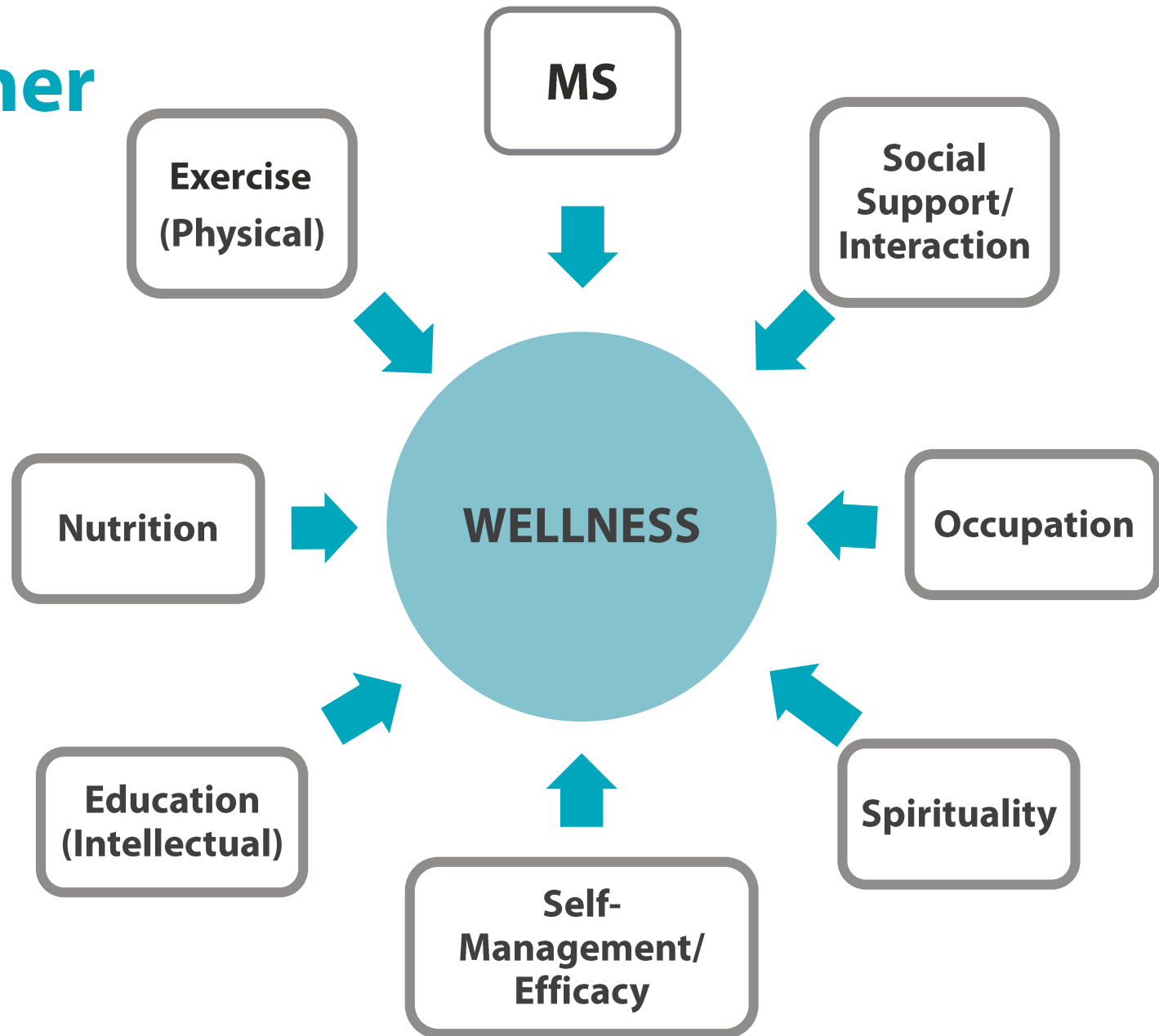
Physical activity or exercise implies muscle contraction.

- Physical Fitness (traditional)
- Health (disease prevention)
- Rehabilitation! (Physical Therapy)
- Mental Fitness and Health (sort of new)
- Wellness

Physical Activity: An Important Component of Wellness!

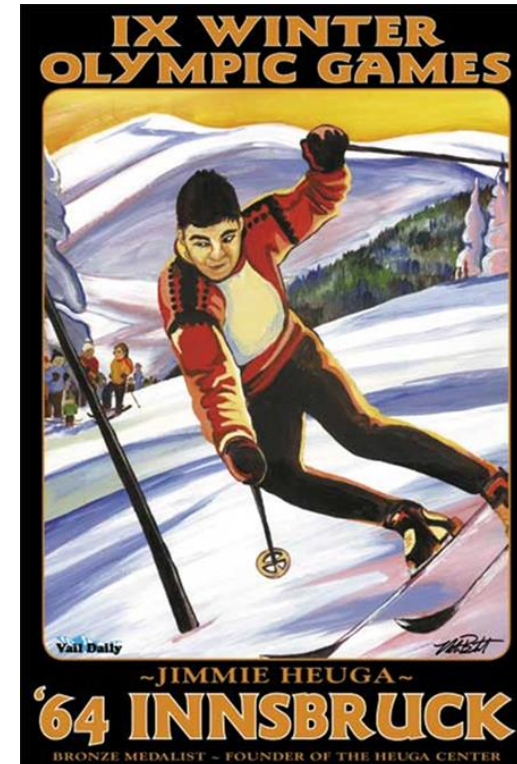


**But So Are Other
Activities and
Interactions!**



What About Exercise and MS?

- MS is a neurologic disease
 - Affects Central Nervous System
 - Disrupts Brain-Nerve-Muscle
- Historical Thoughts
 - Bad for MS
 - Sedentary and Stress Free
 - ↓ mobility, ↓ strength, ↑ health risk
- Contemporary Evidence
 - Safe and effective
 - Not all stress is bad



Looking Beyond Fitness & Health (Exercise Benefits Important to MS)

- Fatigue
- Self-Efficacy
- Depression
- Stress and Anxiety
- Bone Mineral Density
- Cognition or Memory (?)
- Immunomodulation (?)



Physical Activity vs Exercise

- Physical Activity and Movement
- Exercise



Courtesy of CDC



CDC/ Amanda Mills



Aerobic (Cardio) Exercise Recommendations

(Canadian Guidelines for Persons with MS)

- **How much total (volume)?**
 - Strive for ~ 60 mins of Moderate /wk
- **How many times (frequency)?**
 - 2x week
 - ~30 min each (**duration**)
- **How hard (intensity)?**
 - Work up to Moderate (RPE 3-5)
 - Talk test
- **Type**
 - Cardio/Endurance
 - legs/arms



More Exercise Recommendations

- **Resistance or Strength**

- 2x/week (same day as cardio?)
- Two “sets” of 10-15 “reps”
- Gym stuff, bands, body, soup cans

- **Flexibility**

- 2-7x/week
- 2-3 repetitions
- Hold 20-60 secs.



CDC/ Amanda Mills



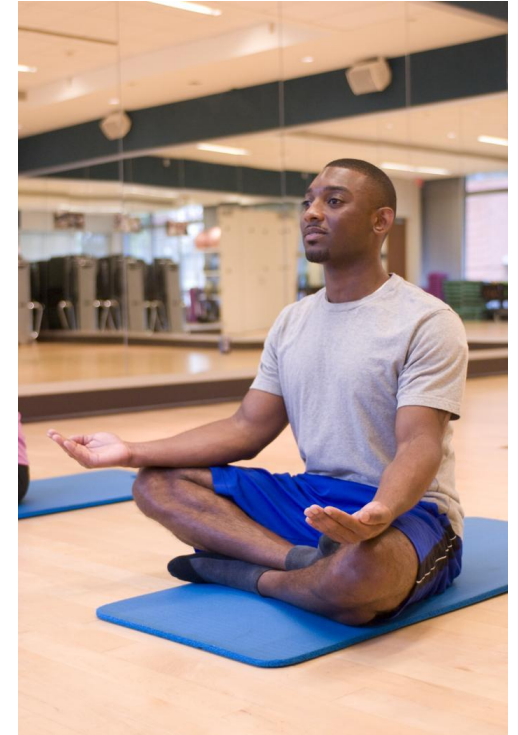
Exercise Recommendations

(ACSM, AHA, USDHHS)

- **Neuromotor/Balance/Coordination**
 - Yoga, Tai Chi
 - Balance, coordination, gait, agility
- **Intensity and Duration**
 - 2 - 3 d/wk
 - 20 - 30 min?



Bob Stockfield
Courtesy: National Center for Complementary and Alternative Medicine



Amanda Mills
Courtesy: CDC

Meeting Guidelines can:

- Improve fitness
- Reduce fatigue
- Improve mobility
- Enhance Quality of life



Yikes! 60-150 Minutes a week?

**From the ACSM 2011 Guidelines and
U.S. Dept of HHS**

“For all individuals, some activity is better than none. Adults who are unable or unwilling to meet the exercise targets outlined here still can benefit from engaging in amounts of exercise less than recommended.”

Good... because I really don't like to exercise!

- Sedentary behavior (e.g., sitting) different from lack of moderate to vigorous activity (i.e., exercise).
- Separate and independent risk factors
 - Cardiovascular disease
 - Type II Diabetes
 - All Cause
 - Intense ongoing research



CDC/Amanda Mills

Just as important to not be sedentary!

- **Decrease sedentary behavior**
 - Screen time
 - Sitting or sitting still
 - Deskwork



CDC/ Richard Duncan



CDC/ Dawn Arlotta

Recreational Sports

- Cycling
- Skiing/Boarding
- Canoe/Kayaking
- Climbing

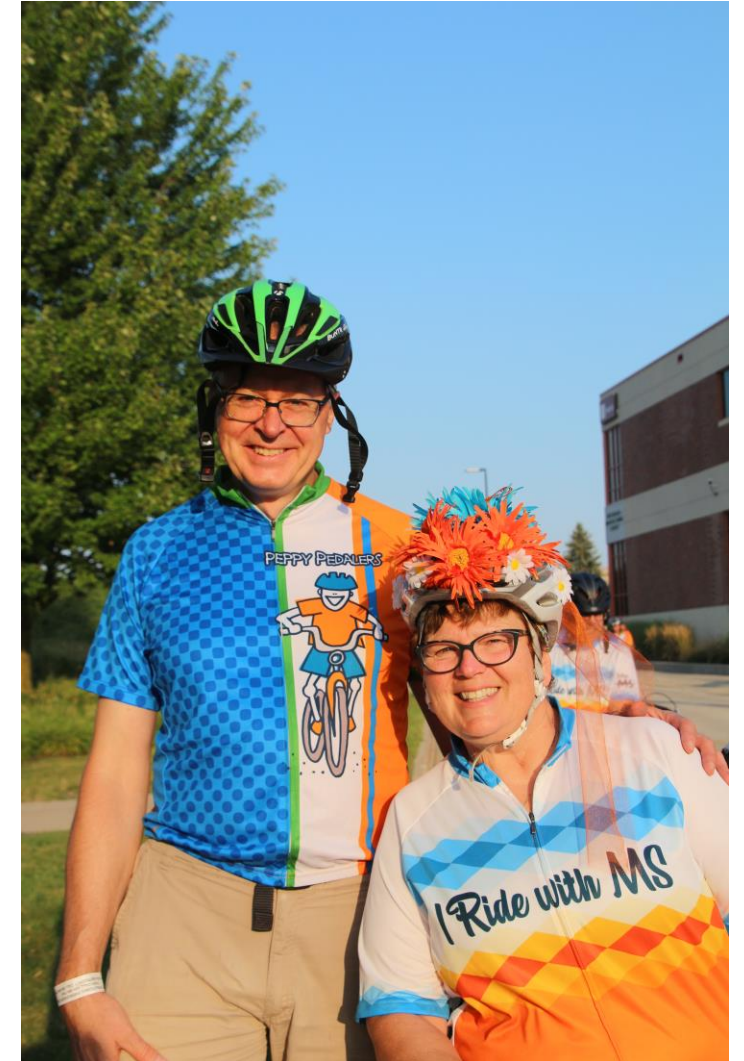


Charity Events

- MS 150
- Can Do Vertical



Adpativeadventures.org



Outdoor Recreational Activities

- Hiking
- Fishing/Hunting
- Rafting



Adaptiveadventures.org



Walking, Hiking, or Being Outdoors

- Biophilia Hypothesis
- Vitamin D
- Stress Reduction
- Physical Activity

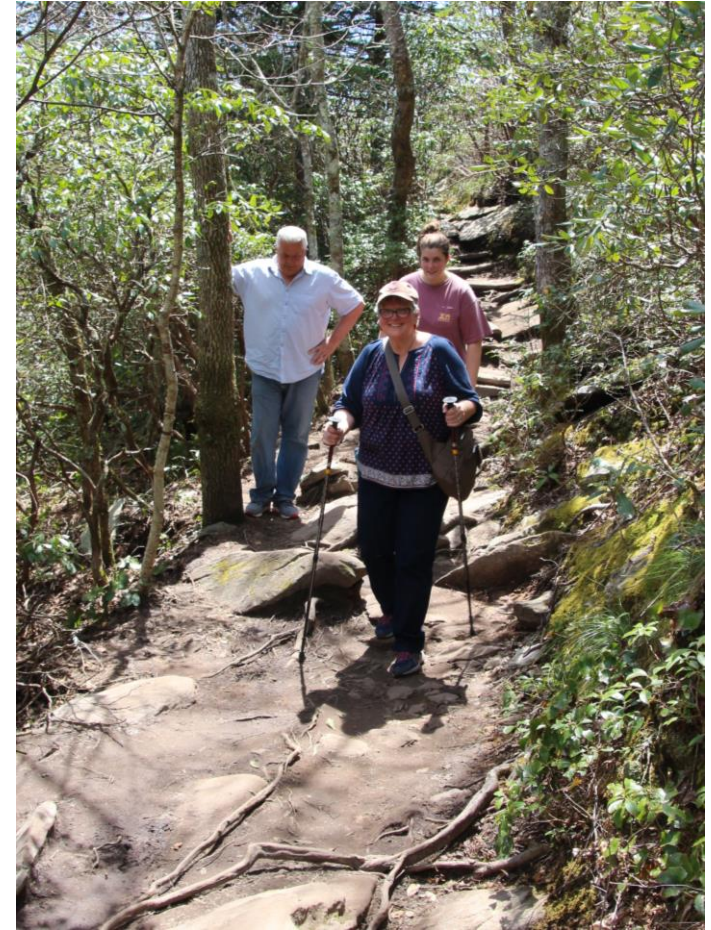


Aids to Help

- Hiking/Trekking poles or walking sticks
- Cooling Vests



www.examiner.com



Photographer- Brian Wegner

So You Think You Can't Dance?

You CAN !!!

Dance with the MS Stars that is.

Moving away from sports and the outdoors....

Dance and Chronic Disease

- Parkinson's Disease
- Stroke
- Cardiovascular
- Sedentary
- PTSD
- Autism
- MS ?



Courtesy of Danceworks. Photographs by Stephanie Sanchez.

Studies showing benefits of recreational social dance for persons with MS



- Recreational Ballroom Dance (Ng et al., 2019)
 - 6 wks
 - Waltz, Push/Pull, Fox Trot, Rumba dances
 - Results:
 - DANCE: Effective low to moderate cardiovascular exercise
 - DANCE: Positive psychological, emotional, and physical improvements (cognition, balance, fatigue, QOL, etc.)
- Salsa Dance (Mandelbaum et. al., 2016)
 - 4 wks
 - Salsa dance only
 - Results:
 - DANCE: Improvements in walking and balance

Ballroom Dance and MS

(Physical activity is where you find it!)



Courtesy of Danceworks. Photographs by Stephanie Sanchez.

...able to dance for the first time in years.

MS and the Arts

- The Arts in Medicine
- The Arts in life
- The Arts as Leisure Pursuits



Painting by Maria Sammartino



MS and Musicians

- Jacqueline Du Pre
- Clay Walker

MS and Music for the Rest of us!

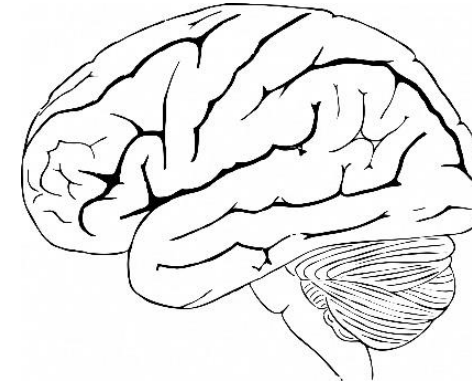
- Listening
- Singing
- Playing an Instrument
- Leisure time, not music therapy per se



Music on the Brain

- **Brain Health**

- Improved global brain function
- Cognition
- QOL
- Synaptic Integrity or activity driven neuroplasticity



- **Lungs**

- Diaphragm
- Postural Muscles
- Respiratory Muscles (breathing)



Art as Expression and Reflection

- Elisabeth Jameson



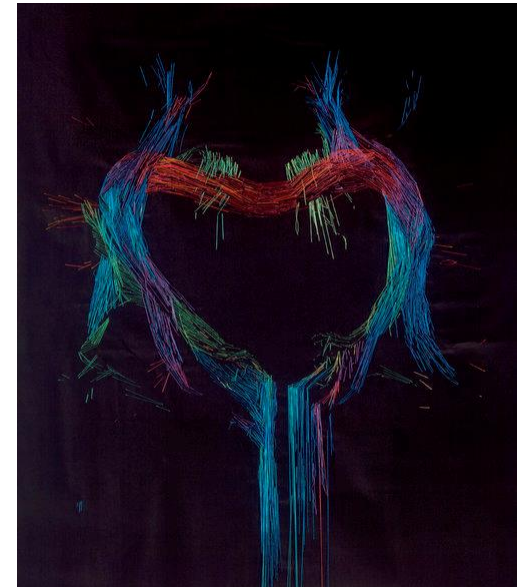
Celebration



Poetry in Motion



Mind on Fire



Heartflow

What Words Cannot Express



Chemotherapy 1



Chemotherapy 2

Robert Arneson
SFMOMA

Art for Expression, Fun, and Joy

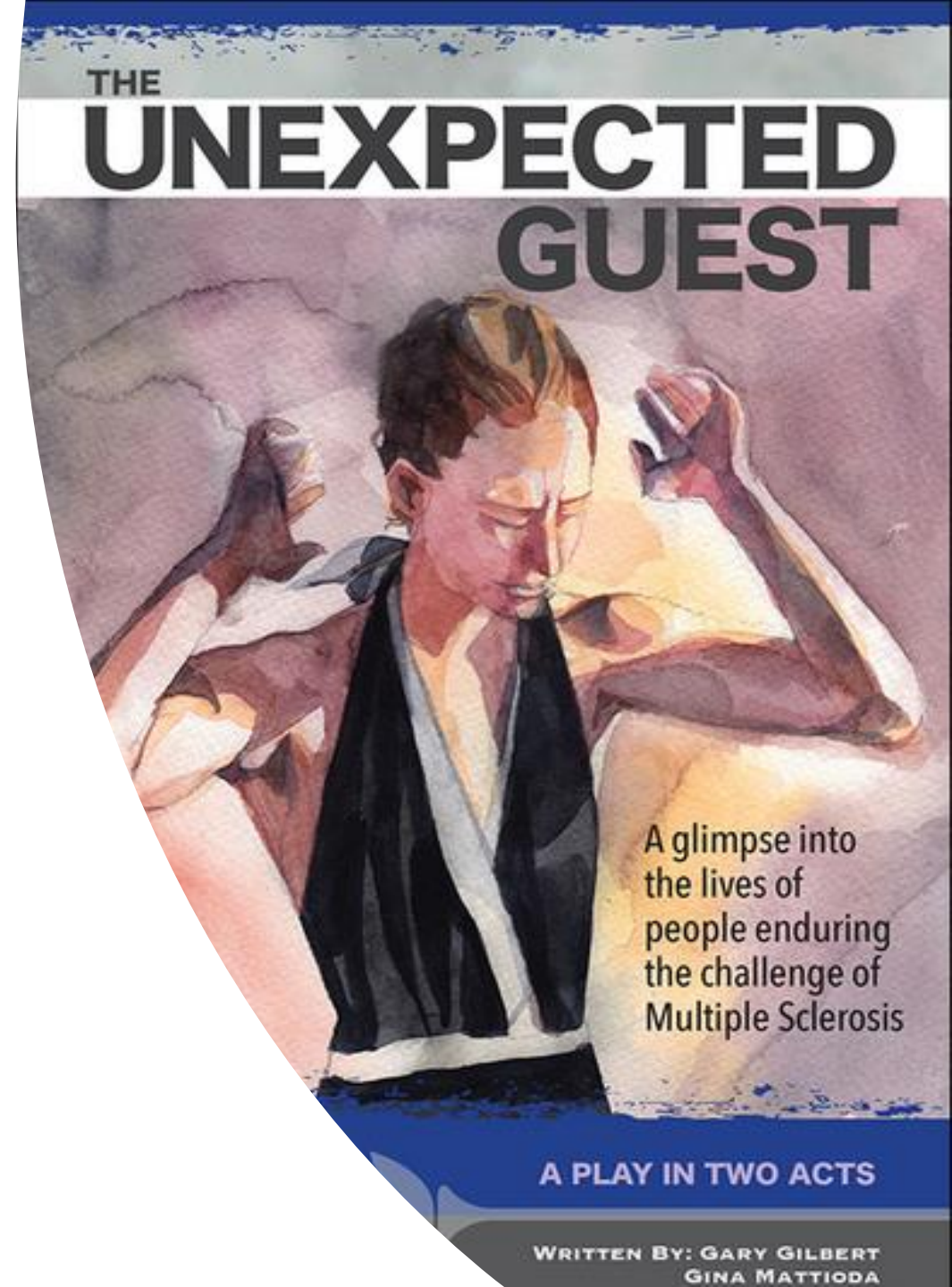
- Art with found stones



Artist- Chris Wegner

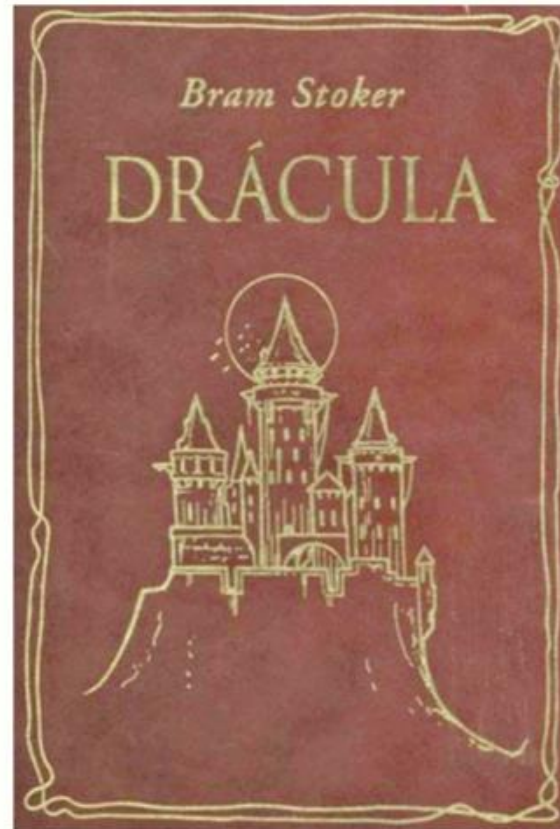
Theater

- Patron or Participant
- Socialization
- Communication
- Expression



Reading, Writing, and Coloring

- Reading/Writing
 - Positively associated with memory
- Writing
 - Communication
 - Reflective writing
 - Self-Expression
- Coloring



What Next?

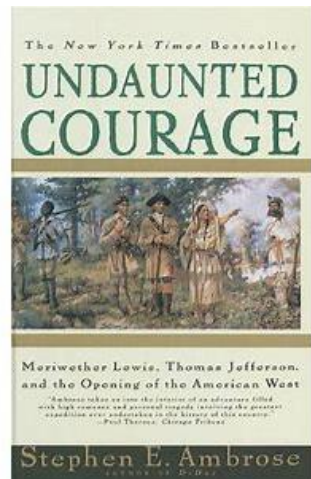


[pinterest.com](https://www.pinterest.com)

Do something new.



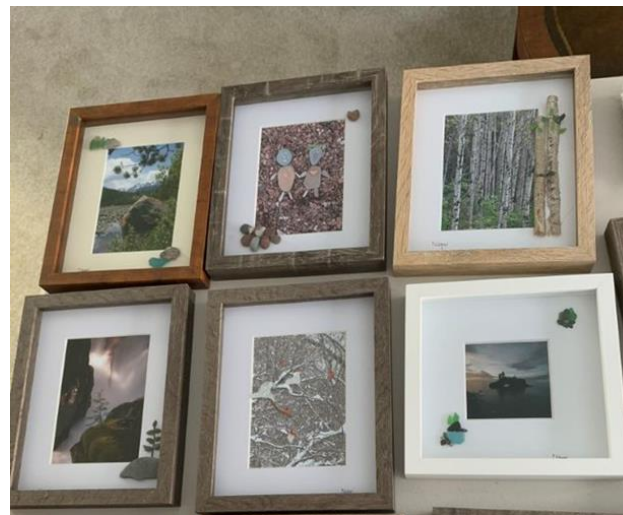
MS Ballroom Dance at the
"Pabst Best Place"
Milwaukee, WI



Read something new



Create something new.



Q & A



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National MS Society Resources



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The National MS Society exists because there are people with MS. **Our vision is a world free of MS.** Everything we do is focused so that people affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.



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Webinar Series



Progression Planning: Managing the Common Challenges of Progressive MS

July 9, 2019

Presented by:



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