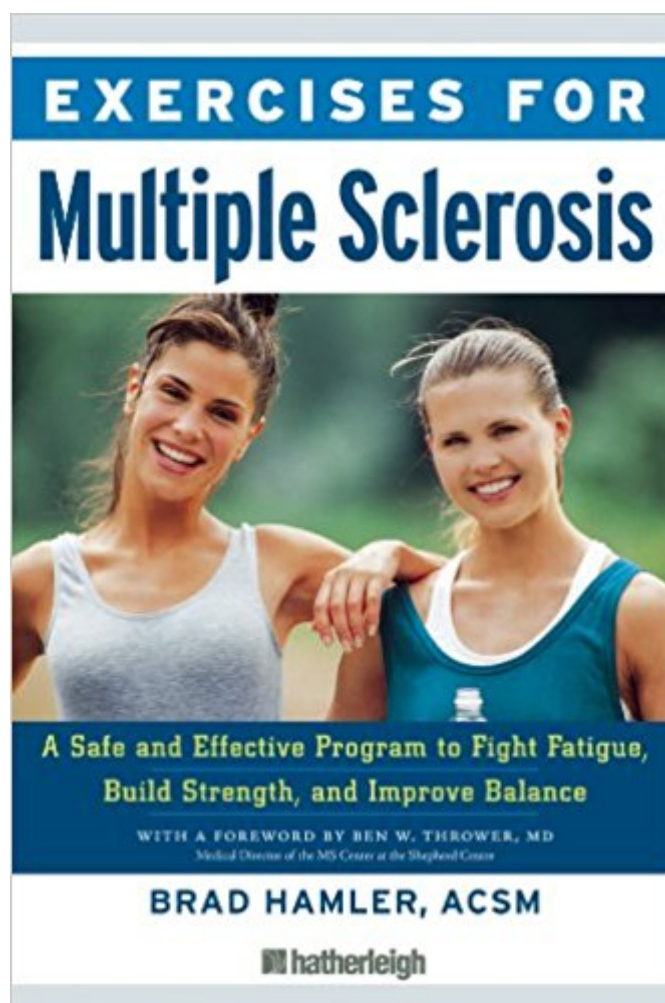




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# Exercises For Multiple Sclerosis: A Safe And Effective Program To Fight Fatigue, Build Strength, And Improve Balance



## Synopsis

A specially-designed, easy-to-follow program to feel better and improve your quality of life. Multiple sclerosis (MS) is a devastating disease that damages the central nervous system. It affects nearly 400,000 Americans with daily fatigue, loss of coordination and balance, and muscle spasms or spasticity—and it has no cure. Now, research shows that MS symptoms can be reduced through exercise, making living with MS a little easier. Exercises for Multiple Sclerosis tells you how to improve your daily symptoms, especially fatigue and mobility. Written by a licensed postrehabilitation specialist who has worked extensively with MS patients, Exercises for Multiple Sclerosis provides a tested program. An essential reference for anyone who suffers from MS, it will show you:

- How daily exercise can help reduce your fatigue
- How to increase physical strength while decreasing spasticity
- How to compensate for loss of balance and coordination while walking
- Why medical treatments are just not enough

If you or someone you know suffers from MS, you need this book. With an easy-to-follow, simple workout designed to adapt to many energy levels, Exercises for Multiple Sclerosis will help MS sufferers to achieve a healthier, happier, more productive life.

## Book Information

Paperback: 176 pages

Publisher: Hatherleigh Press; 1 edition (August 1, 2006)

Language: English

ISBN-10: 1578262275

ISBN-13: 978-1578262274

Product Dimensions: 6 x 0.4 x 8.9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 32 customer reviews

Best Sellers Rank: #731,974 in Books (See Top 100 in Books) #87 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Multiple Sclerosis](#) #120 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Genetic](#) #366 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems](#)

## Customer Reviews

Brad Hamler is a fitness professional with more than twenty years of experience in the field.

Certified by the National Academy of Sports Medicine, the American Council on Exercise, and the American Academy of Health and Fitness Professionals, he spent the last several years as a

postrehabilitation specialist working extensively with MS patients.

There is nothing surprising in this collection of exercises other than it's addressing exercises that can be attempted in a wheelchair. It's use is really good information about what exercises would be most safe when done during the window of best physical functioning. It is best to figure out exactly when you think you might be able to do these with the best use of fleeting energy. A cool down after exercising should help along with the gentle warm up. During all of it, as in anything else, it would be best to pay attention during every movement to see if it will trigger spasm. There are many to choose from but each body is different and has different physical triggers. We are good at listening to our bodies and the introduction of something new requires trial & error. This book is a nice start. It is refreshing that the exercises don't focus on a completely unaffected girl in tight shorts! Makes the exercises seem more appropriate.

The author of this book seems to have an understanding the problems that go with MS. Being assured that he does seem to understand helps me to feel more comfortable listening to his advice. Most of the time suggestions seem not to take into consideration the problems that are true with a MS patient and promote ideas that work but needs me to figure out the adaptations. I feel very comfortable listening to this author's suggestions.

Managing fatigue, balance, spasticity and other symptoms make exercising a true challenge for those of us with MS. The descriptions and the pictures ensure that you're doing the exercises correctly. Most can be done at home and/or at the gym. In Part 111, there is a discussion on the benefits of working out and pacing yourself on "bad days" that I found very useful. Definitely worth it.

I have been battling Multiple Sclerosis for years and I have read almost every book I have run into on the subject. This book is by far the best, for people who are unwilling to surrender to this disease. Brad Hamler clearly understands that it is possible to delay the immobility and other physical problems that MS can cause, by maintaining a focused exercise routine. I had come to the same conclusion myself and I was delighted to read the experiences of a medical service professional, with extensive experience with MS patients, confirming my strategy in battling this disease. I highly recommend this book to anyone with MS. A well focused exercise routine has been the most clearly effective therapy, of all the therapies I have tried. If you have MS, this book will show you how to fight back, and keep active and mobile. Eventually, medical science will develop therapies

not requiring this much effort, but until then Brad has the best strategy to battle MS. Continue with whatever drug therapy you may be on, but add Brad's exercise routine to it.

I was looking for help in working with a client who has MS. This would be a great resource for more mobile clients but not what I was looking for to use with a wheel chair MS patient just starting to exercise.

I've had MS since '96. I thought I knew everything about everything, but this book is a great reminder that things can be lost or forgotten about over the course of this journey. If you've been recently diagnosed, this book will be a great reference or reminder.

This is a good book and I've incorporated the suggestions and exercises into my own regimen. The nerve damage I have is primarily between my left hip down to my left knee. I've spent four years trying to slowly work my way through severe muscle pain, and one thing I've learned is to take your time, gauge your fatigue so you don't over stretch weak muscles and be patient.

A very useful book -- if anything, it has too many exercises! There are exercises for every muscle, some with hand weights, some with the bar from a set of barbells, some with exercise machinery, and some using chairs or just exercise mats. Lots of options to rotate through. And of course pictures and clear instructions. A good book for anyone starting stretching and resistance training, not just those with ms.

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