



# Functional exercises for MS: video series

Free resources for your patients

## An MS Trust and Neuro Heroes collaboration

Exercise has been shown to be beneficial and safe at all stages of MS. Recommendations state people with MS should work towards 150 minutes a week (or more) of exercise or lifestyle physical activity, accounting for comorbidities, safety, ability and symptom fluctuation. Expert opinion specifies activity should include resistance and neuromotor training alongside aerobic exercise.

On asking the MS Trust community 73% respondents said they were very interested in seeing information and support for exercising with MS. But what is it that the MS Trust community would find really valuable in supporting them to get more active?

I want specific strengthening to target known weaknesses with MS.

### The MS community told us ...

I would like varied exercise videos that show seated and standing exercises.

### The process



Physio-led video content filmed for people to follow along with movements that can help with an array of every day tasks that the community find most challenging.

Based on survey results, they included:

- Getting up and down from the floor (25%)
- Getting up and down stairs (13%)
- Moving around in bed (11%)
- Doing, carrying and packing away shopping (9%)

### Video series



Watch now.  
Pass this information on to your patients

[mstrust.org.uk/functional-exercises](https://mstrust.org.uk/functional-exercises)