



# How Physical Therapists Help People with Multiple Sclerosis



## What to Expect

Your first visit will include a complete exam to understand your strengths and challenges. A physical therapist will design a custom exercise program to help you achieve your goals.



## Why Start Early?

Even in the early stages of MS, walking, balance, or breathing can change. Physical therapy started early can improve mild challenges and may slow symptom progression.

## Types of Exercise Programs

- Strengthening and stretching for arms and legs
- Balance Training
- Aerobic exercise (walking, treadmill, bike, rowing)
- Relaxation and breathing techniques

## Specialized Approaches

- Aquatic therapy: Water supports movement and regulates body temperature.
- Tai chi and yoga: Improve balance, flexibility, and relaxation.
- Individualized programs tailored to your abilities and needs.

## Healthy Lifestyle Tips

- 150 minutes of moderate activity per week
- Eat a balanced diet
- Prioritize sleep and manage stress
- Early diagnosis and treatment = better outcomes

## Finding the Right PT

Look for physical therapists with neurologic expertise, or MS-specific certifications. Search using APTA's Find a PT tool at [apta.org/findapt](https://apta.org/findapt).

