

8th September 2014



➔ Fit to take part

Having a long-term illness or disability such as Multiple Sclerosis (MS) shouldn't mean you can't lead a fulfilled life. However, reduced strength and balance lead to problems with walking and can limit the ability of people with MS to participate in leisure, social and work activities.

According to the United Nations "full participation by persons with disabilities will result in their enhanced sense of belonging and in significant advances in the human, social and economic development of society". Chartered Physiotherapists have a key role in making that happen. They help people be "fit to take part".

A recent review of studies demonstrated clearly that exercise can significantly reduce the impact of fatigue, MS studies also show benefits of exercise on mobility.

Chartered Physiotherapists are ideally placed to intervene to improve both of these symptoms and enable people with MS to be "fit to take part".

If you have problems that affect your mobility, ask a Chartered Physiotherapist, the qualified experts in movement and exercise.

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