

# Keep Moving with MS

**pwMS with  
No to moderate  
Physical limitations  
EDSS 0 – 3.5**

## Aërobic

3x/week minimum 30 minutes  
Walking, cycling, crosstrainer,...

## Anaërobic

2x/week with 2 resting days in between  
2 sessions with 10 repetitions  
Whole Body Training

## Stretching

Dailly and after training sessions

## Remark

If you have the impression that your symptoms slightly worsen during and after training then is this a normal phenomena!  
This should disappear 30 - 60 minutes after training!!

**pmMS with  
Walking diffulcities  
(+/- 500m) Use of aids  
EDSS 4 – 6.5**

## Aërobic

3x/week minimum 30 minutes  
(restperodes are allowed or 2 x 15 minutes  
or 3 x 10 minute/day)  
Walking, cycling, crosstrainer,...

## Anaërobic

2x/week with 2 resting days in between  
2 sessions with 10 repetitions  
(Train all muscle groups but focus on  
the weakest once)

## Stretching

Dailly and after trainig sessions

## Remark

Safety above all!!  
Prevent falls, train with support  
or in sitting position!!

**pmMS  
Walking impossible  
wheelchair depended  
EDSS > 6.5**

## Aërobic

Try to make certain efforts so that  
you feel your heart rate is increasing  
Pedal exercisers, hand exercisers, ...

## Anaërobic

2x/week  
2 reeksen van 10 herhalingen  
(Train as many muscle groups as possible but  
focus on maintaining function and  
respiratory muscles)

## Stretching

Must be daily for all muscle groups  
to prevent contractures

## Remark

Of course the possibilities are here  
more limited, be creative and  
discuss / contact your physiotherapist  
for your home exercise program!

# Keep Moving with MS

## Let's Move

### General guidelines:

- Frequency: 2 – 3 x/week
- If possible do the exercises together with your housemates
- Safety for both Covid-19 and for fall prevention
- In the videos we show all exercises 2 times, afterwards try to do 2 x 10 repetitions of each exercise yourself.
- Don't force but enjoy it!
- Don't forget your aerobic training (walking, cycling, crosstrainer,...)

**GOOD LUCK**