

# Annual conference EMSP

April 24–25, 2026  
Berlin, Germany

From Diagnosis to Access:  
Data-Driven Solutions for  
MS, NMO and MOGAD

Building Fairer Future for Patients

#EMSP2026



EUROPEAN  
MULTIPLE SCLEROSIS  
PLATFORM



Deutsche  
Multiple Sklerose  
Gesellschaft  
Bundesverband e.V.

# *Move it!*

with Dr. Stephanie Woschek

in Berlin

on Friday, 24th April 2026



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MULTIPLE SCLEROSIS  
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**Strength**

**Coordination,  
i.e. balance**

**Endurance**

## The five motor abilities

**Speed**

**Flexibility**

**Strength**

**Coordination,  
i.e. balance**

**Endurance**

## The five motor abilities

**Speed**

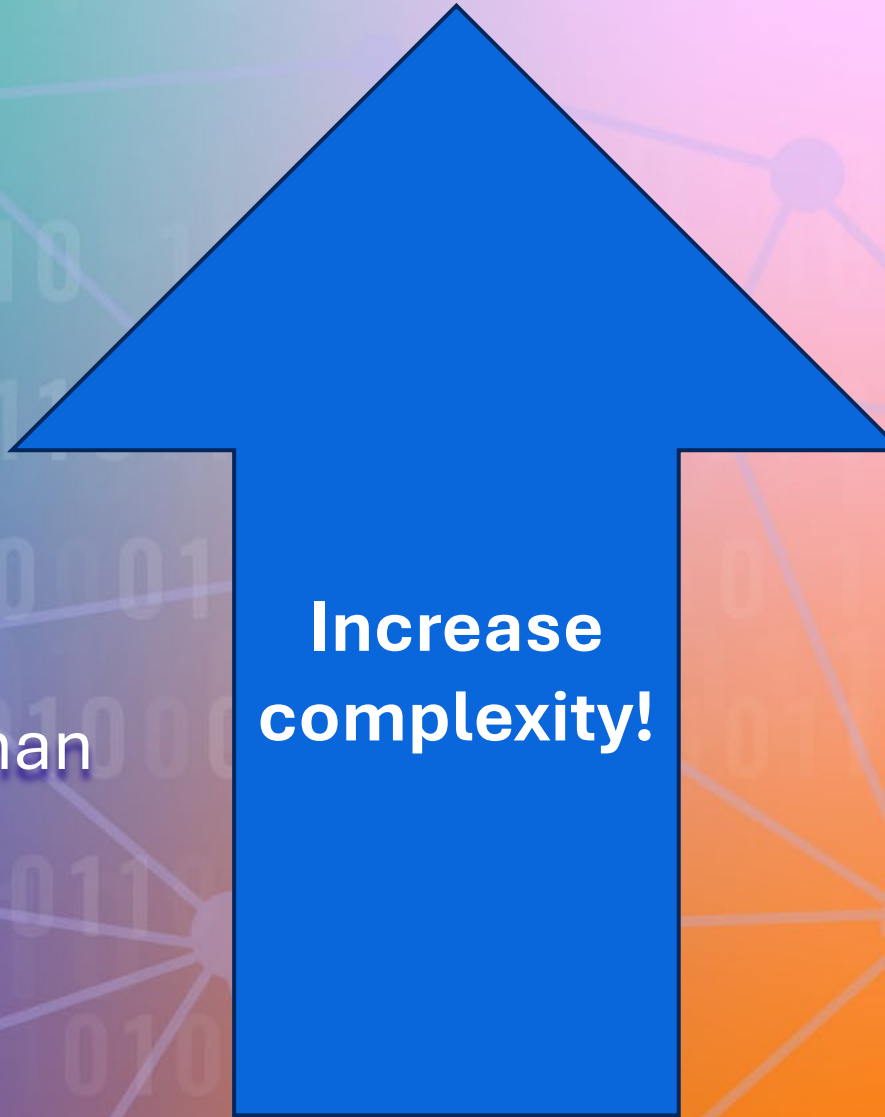
**Flexibility**

# Coordination abilities

- **Differentiation ability/kinastethic differentiation**
- **Coupling ability/combination ability**
- **Spatial orientation ability**
- **Balance ability**
- **Rhythm ability**
- **Reaction ability**
- **Adaptation ability**

# Practice

- Warm-Up
- Finger exercise: Hare and Hound
- Arm exercise: the police man/the police woman
- Whole body coordination:
  - Feet: side – to – side
  - Arms: the police man/the police woman
  - Final challenges



**Increase  
complexity!**

# Cool-Down

**Strength**

**Coordination,  
i.e. balance**

**Endurance**

## The five motor abilities

**Speed**

**Flexibility**

# Thank you!

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