Treatment methods for Multiple Sclerosis

Multiple Sclerosis (MS) is a demyelinating disease affecting the central nervous system (CNS). MS shows signs of itself through time and space in the white matter of the CNS. Due to the loss of myelin, it reduces the speed of conduction, and coordination movement; as a result from the associated problems beginning with minimal effects to severe disabilities.

Anyone living with MS may experience a variety of symptoms depending on the severity of the disease. The symptoms may include spasticity. Spasticity is a feeling of stiffness and involuntary muscle spasms. Other symptoms are heat sensitivity, fatigue, and impaired balance.

An estimated average 400,000 people in the United States are living with multiple sclerosis and 200 more people are diagnosed every week. New studies are coming across MS being found in young people from age 20-40, and affecting
more women and then men\textsuperscript{1}, also the most common neurological disability in young adults\textsuperscript{3}. This makes treatment a must for MS patients to be able to effectively handle normal everyday task without fatigue and muscle weakness. Exercise training is essential to tame the symptoms they deal with on a daily basis. Exercise training has no effect on the prognosis; however exercise training may improve short term physical fitness and functional performance\textsuperscript{2}.

The symptoms may also have some effect on exercise training such as fatigue. Fatigue can reduce the exercise tolerance. It plays a role on how much the patient may be able to do and for how long. For instance image if your body is weak and you do not want to do anything, and then have to exercise... You’re not going to want exercise for more than a short period of time.

Also heat tolerance may affect the intensity of an exercise, and the duration of the exercise at hand. When you begin an exercise your body temperature rises. When you are sensitive to heat, anything that involves you to raise your temperature, you don’t want to take part. So a patient with MS may not want to do an exercise for a long period of time due to that reason. Spasticity also affects training because it may entitle you to use a special foot strap, may cause hip abduction and adduction, and may limit what exercise and equipment they are
allowed to use; such as treadmills are impractical for the MS population and therefore clinical testing is usually Recumbent Leg Cycle Ergometry\textsuperscript{2,4}.

Multiple Sclerosis doesn’t have a cure yet; however exercise training does help it take necessary steps into managing and controlling the disabilities, and limitations that come along with MS. Just because you have a disease doesn’t mean that it should control your life, but now patients have opportunities to gain their life’s back.
Works Cited:


2.) Mulcare, Janet A., PhD. ACSM’S Exercise Management for Persons with Chronic Disease and Disabilities. United States: D. Mark Robertson; 1997


5.) Raine, Cedric S. Multiple Sclerosis: Comprehensive Text. Saunders/Elsevier; 1940.