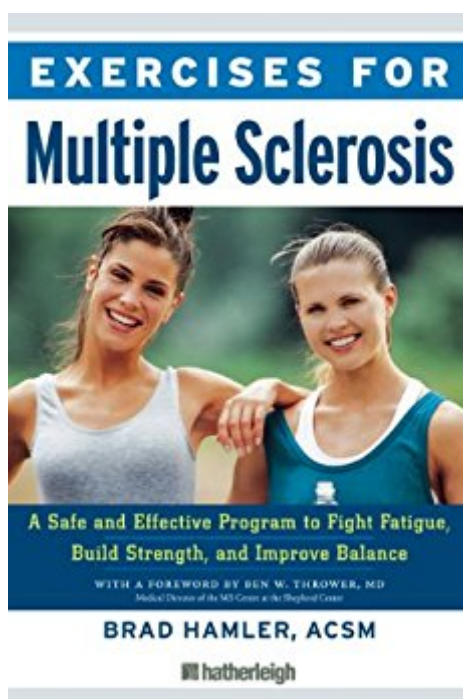


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# Exercises For Multiple Sclerosis: A Safe And Effective Program To Fight Fatigue, Build Strength, And Improve Balance



## Synopsis

A specially-designed, easy-to-follow program to feel better and improve your quality of life. Multiple sclerosis (MS) is a devastating disease that damages the central nervous system. It affects nearly 400,000 Americans with daily fatigue, loss of coordination and balance, and muscle spasms or spasticity—and it has no cure. Now, research shows that MS symptoms can be reduced through exercise, making living with MS a little easier. Exercises for Multiple Sclerosis tells you how to improve your daily symptoms, especially fatigue and mobility. Written by a licensed postrehabilitation specialist who has worked extensively with MS patients, Exercises for Multiple Sclerosis provides a tested program. An essential reference for anyone who suffers from MS, it will show you:

- How daily exercise can help reduce your fatigue
- How to increase physical strength while decreasing spasticity
- How to compensate for loss of balance and coordination while walking
- Why medical treatments are just not enough

If you or someone you know suffers from MS, you need this book. With an easy-to-follow, simple workout designed to adapt to many energy levels, Exercises for Multiple Sclerosis will help MS sufferers to achieve a healthier, happier, more productive life. From the Trade Paperback edition.

## Book Information

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## Customer Reviews

I have been battling Multiple Sclerosis for years and I have read almost every book I have run into on the subject. This book is by far the best, for people who are unwilling to surrender to this disease. Brad Hamler clearly understands that it is possible to delay the immobility and other physical problems that MS can cause, by maintaining a focused exercise routine. I had come to the same conclusion myself and I was delighted to read the experiences of a medical service professional, with extensive experience with MS patients, confirming my strategy in battling this disease. I highly recommend this book to anyone with MS. A well focused exercise routine has been the most clearly effective therapy, of all the therapies I have tried. If you have MS, this book will show you how to fight back, and keep active and mobile. Eventually, medical science will develop therapies not requiring this much effort, but until then Brad has the best strategy to battle MS. Continue with whatever drug therapy you may be on, but add Brad's exercise routine to it.

This is a terrific, positive presentation, especially for younger patients with MS. As I have had MS for over forty years I found some of the exercises more difficult than they would have been when I was in my thirties or forties. However I liked the positive reinforcing attitude of the author and found many of the exercises helpful.

I've been struggling with MS for years and have tried pt that was kind of standard, aquatic pt -- and just plain riding an exercise bike. This book is full of information I haven't received from any of my docs or pts -- VERY helpful, encouraging and the exercise program is manageable and seems to be helping! Thanks, Brad Hamler.

Managing fatigue, balance, spasticity and other symptoms make exercising a true challenge for those of us with MS. The descriptions and the pictures ensure that you're doing the exercises correctly. Most can be done at home and/or at the gym. In Part 111, there is a discussion on the benefits of working out and pacing yourself on "bad days" that I found very useful. Definitely worth it.

This book is wonderful. Finally one that does not do the "oh, poor you" and give us a workable workout schedule without costly machines. It is a book that makes us take charge of what we can control and gives us a better chance for a future filled with "can do's" instead of "feel sorry for me".

I found the book to be very informative and helpful. The exercises are fairly easy to do and the

author is very knowledgeable about MS.

I very much appreciate this book. When I was first diagnosed in 2004 the 'experts' were still telling us we couldn't do anything because it made us tired or could trigger an exacerbation. I'm glad to see a book that addresses the need for regular exercise for people with MS. What can happen to a healthy person over the course of a life time can happen to someone with MS in a matter of years or months or even weeks. "Move it or lose it!" This book provides an easy to understand and follow exercise routine that can serve me for a life time.

after 20+ years of relapse/remission I'm at a point where many things are much harder. The tone and attitude were wonderful. The basic weights and exercises were standard but the MS specialized like how to stand up were unclear and not well illustrated....

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