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## **November 2022 Newsletter**

### **Offering support, care, and hope...*right here at home!***

We are continuing to work in the office to make sure the telephone calls, emails, and office needs are being handled. If you are in need of an in person meeting, please call the office and we will be glad to make arrangements to meet with you. It is important to us that we provide up-to-date information on our website and Facebook page for you.

To receive newsletters, send your email address to: [officemanager@tristatems.org](mailto:officemanager@tristatems.org)

**The mission of the Tri-State Multiple Sclerosis Association  
is to enhance the quality of life for individuals living with MS & their families in  
Southern IN, Southern IL & Western KY**

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### **Build Core Strength to Improve Balance and Prevent Falls Susan Reynolds RN MSCN**

The last few times I have been to see my MS Specialist, Dr. Harold Moses, at the Vanderbilt MS Clinic, he has spent some time telling me how important it is that we all do exercises (10 minutes per day) developing our core strength (the muscles around your abdomen and trunk). He said that studies have shown that a strong core can improve your balance and prevent falls for people with MS and actually for everyone. Dr. Moses showed me, on his computer screen, many core strength exercises that can be done at home for ten minutes each day.

I found a list of core strength exercises that were developed especially for people with MS by physical therapists in the U.K., who work with MS patients. Pelvic floor muscles are also involved in stabilizing your trunk, so working on pelvic floor exercises can improve your balance and stability. Go to [www.therapistsinms.org.uk](http://www.therapistsinms.org.uk). In the search box type “core stability exercises (a Pilates type approach)”, then click on “Download the core stability exercises (PDF 8Mb)”, which is in the middle of the short article. If you print the pages, you can use it as a guide as you do your core strength exercises.

I recently found a website called ‘Overcoming MS’ at [www.overcomingms.org](http://www.overcomingms.org). This site includes an article by Roy Crossley, Exercise Therapist DIP - Personal Trainer Cert IV. To locate his article, click “search” in the top left corner. Then type “Roy Crossley” in the search box. The title of his article is “Strength and mobility core exercises for people with MS.”

I also found some core exercises for people in a wheelchair on YouTube. Some are further specialized for MS patients in a wheelchair. Just go to YouTube and search for “Core Exercises for wheelchair patients”.

## Physical Therapy for Symptoms of MS

Susan M. Reynolds RN, MSCN

A few years ago, I spent the morning at Evansville Athletic Club. University of Evansville Physical Therapy students, along with Jan Stamps and “Rehab for Life” Physical Therapists were there doing “Fall Risk Assessments” free of charge for MS patients. Jan Stamps has found that almost all MS patients improve on the “Fall Risk Assessment” after receiving physical therapy.

Historically, exercise was something to be avoided by people with MS. Doctors advised against exercise because of problems MSers have with fatigue and overheating. As a result, generations became de-conditioned due to inactivity. In 1996, Petajan and colleagues published a pivotal study that demonstrated the tolerance for and benefits of aerobic activity for individuals with MS.

The goal of physical therapy is to enhance your independence and quality of life by improving movement and function, and by relieving pain. Physical therapy can help with:

1. Balance and walking
2. Un-coordination
3. Fatigue
4. Immobility
5. Pain
6. Stiffness and spasticity
7. Posture
8. Difficulty performing tasks
9. Weakness

The therapist will do an evaluation at your first appointment. Your physical therapist may use some of the standardized assessment tools. You should be evaluated in posture, trunk control, balance and transfers from bed, chair, toilet, and floor. An evaluation will also be done on your ambulation and mobility. Included in ambulation and mobility will be: vision, sensation, vestibular or cerebellar deficits, spasticity, muscle weakness, fatigue, shoe wear, in addition to posture and balance. If appropriate, range of motion, motor function, neurological function, respiratory function, and wheeled mobility will also be evaluated. After you are evaluated, recommendations for exercises (through physical therapy) will be made. Most of the appointments will build your exercise program and check your progress. The therapist will work with you until you reach a certain level of improvement.

Many individual companies throughout the tri-state area offer PT services. A few of them are:

**Rehab for Life** 812-401-5210, **Progressive Health** 812-477-3422, **ProRehab** 812-476-0409, and **Forefront Therapy** 812-402-0444.

In the Owensboro area: **Progressive Health** 270-684-9299, **KORT** 270-684-7856, **ProRehab** 270-926-7779 and **Owensboro Healthpark** 270-683-9355.

**Talk to your doctor to see if physical therapy will help you, and who they recommend.** A doctor’s referral is necessary. Most insurance plans cover physical therapy.



## Susan's Highlights

I would like to highlight resources for individuals living with multiple sclerosis and their families. Tri-State MS Association is a great local resource but it is important that we continue to educate ourselves and utilize all current information.

### **Yoga for MS**

One of my favorite yoga teachers offers free yoga classes online. Her name is Mindy Eisenberg. She can be found at [www.yogamovesms.org](http://www.yogamovesms.org). Mindy has been providing free classes online for a few years now. The only thing you have to do is sign up on her website! I have met Mindy at the CMSC meetings. She is a fabulous teacher.

Many videos from the Tri-State MS Association, MS Foundation and National MS Society on yoga for people with MS. In fact, there are so many videos that it could be overwhelming to decide which one to try first! These videos can also be found on YouTube.

### **We're Updating Our Mailing and Contact Lists**

Once again, we are asking for your help in updating our mailing and contact lists! We have heard from some but there are HUNDREDS that we have not!

So if you would like to be added to or removed from our mailing list, please complete the information below. If you are currently subscribed to the newsletter, we want to know if you wish to continue receiving the newsletter. We have a volunteer who will also be helping us by reaching out to you! *Mail or email your response as indicated below.*

- New Subscriber:* I would like to receive the newsletter by email
- New Subscriber:* I would like to receive the newsletter by US mail
- Already Subscribed:* I would like to continue receiving the newsletter by email
- Already Subscribed:* I would like to continue receiving the newsletter by US mail
- Please *remove* me from the mailing list(s).

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