

MS Resistance Exercises

Department of Physiotherapy



Exercises 1 Sit to Stand



- Sit on a chair
- Move your bottom to the front of the chair
- Stand up slowly, use your hands if required
- Then sit down slowly and repeat 10 times
- Make sure the movement is slow and controlled
- Gradually work up to doing 2 sets of 10-15 repetitions, 2 days a week

Exercises 2 Calf Raise



- Stand facing the back of a chair, table or counter
- If necessary hold on to the surface for support with just your fingertips or hover both hands above the support
- Come up onto your toes, raising your heels
- Return your heels to the floor repeat 10
- Gradually work up to doing 2 sets of 10-15 repetitions, 2 days a week
- Make this exercise more difficult by holding a weight in each hand

Exercise 3 Press Up



- Stand with your hands on a wall, window sill or counter, feet apart and a couple of foot lengths back from the wall/counter
- Bend your elbows allowing your chest and head to move towards the wall
- Straighten your arms to return to the start position repeat 10times
- Gradually work up to doing 2 sets of 10-15 repetitions, 2 days a week

Exercise 4 Shoulder row



- Secure a resistance band in front of you
- Stand with your feet shoulder width apart or sit on a chair with no arm rests
- hold each end in either hand with your elbows straight and arms stretched out in front of you
- Pull the band back towards your sides, keeping your elbows straight and pinching your shoulder blades together
- Slowly allow your hands return to the starting position repeat 10 times
- Gradually work up to doing 2 sets of 10-15 repetitions, 2 days a week

Stretch 1 Calf



- Stand facing a wall
- Place your hands on the wall for support and step one foot back into a mini lunge
- Bend your front leg and keep your back leg straight
- Point both feet forwards and keep your heels on the floor
- Feel a stretch in the calf of your straight leg
- Hold for 30 seconds
- Repeat 2 to 3 times on either leg

Stretch 2 Hamstrings



- Sit on the edge of a chair
- Straighten one leg out in front of you with your heel on the floor
- Keeping a straight back, lean forwards to feel a stretch down the back of your thigh
- Hold for 30 seconds
- Repeat 2 to 3 times on either leg

Stretch 3 Groin



- Stand with your feet greater than shoulder width apart, with your hands on your hips
- Allow one knee to bend until it is over your foot, keep your feet flat on the ground facing forwards
- Feel a stretch in the opposite groin
- Hold for 30 seconds
- Repeat 2 to 3 times on each leg

Stretch 4 Quads



- Stand alongside the back of a chair, table or counter
- You can hold on with a hand to maintain balance
- Bend one knee and take hold of the ankle, pulling the heel towards your bottom
- Feel a stretch down the front of your thigh
- Hold for 30 seconds
- Repeat 2 to 3 times on each leg

Cardiovascular Exercise



- To achieve important fitness benefits, adults with MS who have mild to moderate disability need at least 30 minutes of moderate intensity aerobic activity, 2 times per week.
- Moderate-intensity physical activity is usually a 5 or 6 on a scale of 10 and causes your heart rate to go up.
- Alternatively it is a pace where you can walk and talk but not sing.
- Meeting these guidelines may also reduce fatigue, improve mobility and enhance elements of health related to quality of life.