

Exercise modifications help manage multiple sclerosis

Regular aerobic exercise has been shown to ease symptoms of multiple sclerosis (MS), a disease of the central nervous system. Dr. Eoin Flanagan, a Mayo Clinic neurologist, explains how people with MS can modify their exercise routines so they don't aggravate symptoms such as poor balance or heat intolerance.

Video	Audio
	Your nerves are like an electric wire, covered in a protective sheath. With multiple sclerosis, the body attacks that nerve covering.
Eoin Flanagan, M.B., Ch.B. Neurology Mayo Clinic	"And that can be in the brain, within the spinal cord or within the optic nerves."
	People with MS may have symptoms such as fatigue and weakness, says Mayo Clinic's Dr. Eoin (Owen) Flanagan. Daily aerobic exercise can increase their strength and balance.
Eoin Flanagan, M.B., B.Ch.	"There may be certain tailored types of exercises for MS patients."
	Mild to moderate forms of recommended exercise include swimming, walking, yoga and tai chi.
	A recumbent or stationary bike may help patients with balance issues. If overheating during exercise is a problem, a cooling vest or towel may offer relief.
Eoin Flanagan, M.B., B.Ch.	"There are modifications that you can make for MS patients to make sure that they can still do that exercise, but we know that exercise is good for healing, good for plasticity of the nerves, good for the nerves to make new pathways past maybe those scarred areas of MS in the brain or in the spinal cord."
	For the Mayo Clinic News Network, I'm Jason Howland.