

MULTIPLE SCLEROSIS

PHYSIOTHERAPY • MOVEMENT • EVERYDAY GOALS

Physiotherapy can help you work towards the movement and activities that matter to you, with a plan tailored to your needs.

01 MS CAN AFFECT MOVEMENT IN DIFFERENT WAYS

CHANGES CAN VARY

MS may affect strength, balance, walking, coordination, sensation, muscle stiffness or energy. Symptoms and abilities can change over time and from day to day.

YOUR GOALS COME FIRST

A physiotherapist can assess the tasks that matter to you and adapt your plan to your abilities, symptoms, preferences and safety.

02 YOUR PHYSIOTHERAPY TOOLKIT



STRENGTH

Build strength and fitness for daily movement.



WALKING & BALANCE

Practise walking, balance and transfers.



FATIGUE & PACING

Plan activity, rests and cooling strategies.



EVERYDAY GOALS

Work towards tasks that matter to you.

03 STAY ACTIVE IN A WAY THAT WORKS FOR YOU

START SMALL

Choose a manageable amount and build gradually.

PACE IT

Use shorter bouts and planned rests if helpful.

KEEP COOL

Heat can temporarily worsen familiar symptoms for some people.

ADAPT

Change the activity to match how you feel that day.

Exercise is encouraged in MS. The right amount and type depend on your health and goals.

04 SAFETY AND SUPPORT

CONTACT YOUR MS TEAM

Seek advice for new, significant or persistent symptoms, a clear change in walking or balance, or repeated falls. Your treating team can help decide what to do next.

URGENT HELP

Call 000 for sudden severe symptoms or an emergency, such as facial droop, difficulty speaking, severe weakness, chest pain or serious breathing difficulty.

AT YOUR APPOINTMENT

Share what has changed, when fatigue is strongest and which everyday activities you want to keep doing.

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General information only. It does not replace individual medical advice.

Sources: NICE NG220 (2022); Kalb et al., Multiple Sclerosis Journal (2020).