



Exercises for Multiple Sclerosis: A Safe and Effective Program to Fight Fatigue, Build Strength, and Improve Balance

Brad Hamler

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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.

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James Daniels:

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