

# Working with MS Support Group

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Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850

February 14, 2016

## Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:10pm	<b>Proprioception: Do You Feel Me?</b> “The slightest distraction takes my ability to walk away.” Ian Waterman; patient with rare and complete loss of proprioception
4:00pm	Member Sharings & Support
5:00pm	Adjourn

### Handouts & “News You Can Use”:

Balance, Proprioception, and MS (Presenter: Diane C.)

<https://drive.google.com/file/d/0B5wV6aESepCOYURBRDZTc0VEeUU/view?usp=sharing>

Sensory Problems in MS, (Ellen Whipple Guthrie, Pharm.D., *Multiple Sclerosis Foundation*)

<http://msfocus.org/article-details.aspx?articleID=361>

Proprioception/Balance in football (*Footballscience.net*)

<http://www.footballscience.net/special-topics/proprioception-balance-in-football/>

Falling Down- Multiple Sclerosis, Proprioception and Reafferent Feedback (Michael Fichman , *student at Bryn Mawr College*)

<http://serendip.brynmawr.edu/bb/neuro/neuro04/web2/mfichman.html>

Sensory Integration (Linda Shriber, OTR/L, *International Encyclopedia of Rehabilitation*)

<http://cirrie.buffalo.edu/encyclopedia/en/article/361/>

The Butcher's Assistant (RadioLab audio recording)

<https://www.wnyc.org/radio/#/ondemand/91526>

### Next/Upcoming Meetings:

Mar. 13<sup>th</sup> – Meeting – Day Light Saving Time (set your clock ahead/forward one hour!)

Apr. 10<sup>th</sup> – Meeting

May 8<sup>th</sup> – Meeting