

Working with MS Support Group

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

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Agenda

3:00pm	Welcome! HAPPY NEW YEAR!
	Brief Introductions/Member Check-in
3:10pm	The Yin Yang of MS Spasticity “The simplest and often the most effective way to reduce spasticity is passive stretching, in which each affected joint is slowly moved into a position that stretches the spastic muscles. After each muscle reaches its stretched position, it is held there for approximately a minute to allow it to slowly relax and release the undesired tension.” Randall T. Schapiro, MD FAAN (in <i>Managing the Symptoms of Multiple Sclerosis</i> , 2007)
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

Spasticity in MS (Gail Hartley, MSN, NP, MSCN and Kathy SanMartino, PT, NCS, MSCS, ATP/SMS, CL; CanDoMS & NMSS; July 12, 2016)

<http://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Telelearning/Understanding-and-Managing-Your-Spasticity.mp4> (audio recording; 68 minutes)

<http://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Telelearning/Spasticity-and-MS-Webinar.pdf> (PowerPoint)

Spasticity Management (Donna Graves, MD; University of Texas Southwestern Medical Center 2013 Rare Neuro-Immunologic Disorders Symposium)

https://youtu.be/fvL4UsyvC_E (video; 21 minutes)

Reducing Painful Spasticity with Simple Exercise (Jeff Siegel, CPTS, NSCA-CSCS&-CPT; MSViewsandNews Learning Channel, April 6th, 2016)

https://www.youtube.com/watch?v=QF4ViJ15e_A (video; 49 minutes)

Everybody Stretch: A Physical Activity Workbook for People with Multiple Sclerosis (booklet; by Janine Fowler, BPE; MS Society of Canada 2010)

<https://mssociety.ca/en/pdf/EverybodyStretch.pdf>

Yoga [Vidya] for Complete Beginners - Yoga Class 20 Minutes [NB: You can subscribe to this YouTube Channel to get new ongoing lessons] (video; 20 minutes)

<https://www.youtube.com/watch?v=0o0kNeOyH98>

Managing Spasticity in Multiple Sclerosis (MS Association of America; posted May 24, 2016)

<http://mymsaa.org/ms-information/symptoms/spasticity/>

Controlling Spasticity (article; by Lori De Milto; Momentum Winter 2016-2017, p32-35)

<http://momentummagazineonline.com/controlling-spasticity/>

Arbaclofen Extended Release Tablets (Osmotica Pharmaceuticals) -- Baclofen, used to treat spasticity, often causes sleepiness. This new drug (not yet available by prescription) significantly reduced spasticity, but also caused significantly less sleepiness, drowsiness and dizziness than baclofen. (Abstract 128;

<http://onlinelibrary.ectrims-congress.eu/ectrims/2016/32nd/146983/daniel.kantor.a.randomized.double-blind.parallel.group.study.to.compare.the.html?f=m3>) The company reports that it has filed for FDA approval of Arbaclofen.

Next/Upcoming Meetings:

February 12th – Meeting

March 12th – Meeting (Daylight Saving Time Begins - **Remember to set your clocks forward 1 hour**

Sat. night!)

April 9th – Meeting

More Resources Online:

Yoga TX Videos

<https://www.youtube.com/watch?v=tyeMFy9KkTY> (Chair Yoga - Gentle Yoga For People With Disabilities; 31 minutes)

<https://www.youtube.com/watch?v=46OKxkpB700> (Yoga at Your Desk - Chair Yoga that is Gentle Enough For Seniors; 21 minutes)

Spasticity (multiplesclerosis.net Health Union, LLC)

<https://multiplesclerosis.net/symptoms/stiffness-involuntary-muscle-spasms/>

What are the **consequences** of **spasticity** for MS patients? ⁶



66%
Pain



40%
Restricted
movements



51%
Poor sleep



70%
Pass water
several times
in the night



70%
Difficulty
walking



17%
Require further
help with washing
and dressing