

MS Exercise Class



Encouraging physical development and personal connections

Exercise has benefits for everyone – even those who may have physical limitations. Our Multiple Sclerosis (MS) Exercise Class was developed by a physical therapist to meet the specific needs of MS patients and accommodate all levels of ability. It is recommended not only as a way of developing physical skills, but also as an opportunity for patients to meet others who share similar medical concerns and fitness goals.

The MS exercise program offers focused instruction in several key areas:

- Strengthening exercises
- Flexibility exercises
- Balance training
- Endurance training
- Exercise education related specifically to MS

Classes are 60 minutes and meet once a week for twelve weeks. Each class is led by a licensed physical therapist or physical therapy assistant. A doctor’s prescription is required for participation. The program fee is \$125.

For more information and class times, call 636-893-1100.

Mercy Therapy Services

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