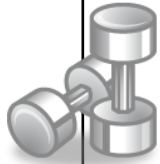


# Multiple Sclerosis

## How will physical therapy help?

Physical therapy will address the symptoms you are experiencing from MS. It can help teach you to compensate for the changes that may be occurring with your body. It is important to see a physical therapist with neurological experience who is familiar with your diagnosis, such as those at Advanced Physical Therapy and Health Services. The physical therapist will perform an examination of your strength, range of motion, balance, gait, coordination and functional mobility. The therapist will provide you with exercises and a treatment plan, in addition to learning new strategies for daily activities to help you conserve energy and minimize fatigue. Your physical therapist will communicate with you and your physician to determine the appropriate treatment plan and goals for you.



This brochure is compliments of:

**ADVANCED PHYSICAL THERAPY & HEALTH SERVICES**  
444 N. Northwest Hwy., Suite 202  
Park Ridge, IL 60068  
Phone: (847) 268-0280  
Fax: (847) 268-0283

[www.apths.com](http://www.apths.com)



## ADVANCED PHYSICAL THERAPY & HEALTH SERVICES, LLC

is a private, physical therapist-owned outpatient physical therapy clinic specializing in neurologic, orthopedic, and vestibular conditions.

All patients are evaluated by a licensed physical therapist.

We guarantee to see you for an initial evaluation in 24-48 hours.

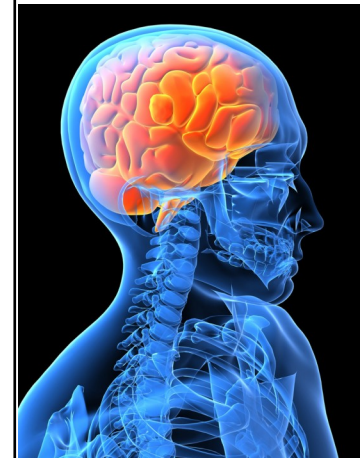
We have early morning and late evening hours for convenient scheduling.

We accept and are in-network with most insurance companies, including PPO's, HMO's, Medicare, Tricare, and Workers' Compensation.

*Conditions we evaluate and treat include, but are not limited to:*

- Neck & back injuries/pain
- Arthritis
- Vertigo
- Sprains/Strains
- Parkinson's Disease
- Fractures
- Multiple Sclerosis
- Tendonitis
- Gait & balance disorders
- Bursitis
- Peripheral neuropathy
- Stroke
- Sports injuries
- Carpal Tunnel Syndrome
- Work-related injuries
- TMJ disorder/pain
- Nerve injuries / disorders
- Joint replacements
- Cervicogenic headaches
- Orthopedic surgeries

## Information About Multiple Sclerosis



**ADVANCED  
PHYSICAL THERAPY  
& HEALTH SERVICES, LLC**

444 N. Northwest Hwy., Suite 202  
Park Ridge, IL 60068  
Phone: 847-268-0280

# Multiple Sclerosis

## What is Multiple Sclerosis?

Multiple Sclerosis (MS) is a disease affecting the nerves of the brain and spinal cord, components of the central nervous system. MS is an autoimmune disease, meaning the damage to nerves is caused by the body's immune system. The immune system normally protects the body from foreign substances, such as bacteria; but with an autoimmune disease, the immune system attacks normal body tissues. In Multiple Sclerosis, the protective coating which surrounds the nerves (myelin) is being destroyed. This slows or blocks the messages between the nerves and the brain. Approximately 400,000 Americans are affected by this disease.

Symptoms of MS vary between individuals, but *may* include muscle weakness, blurred or double vision, eye pain, decreased coordination, balance impairments, changes in sensation (such as numbness or temperature), fatigue, and/or walking problems. It is important to note that experiencing one of these symptoms does not mean you have MS. If you have concerns about these symptoms, it is important to discuss them with a neurologist.

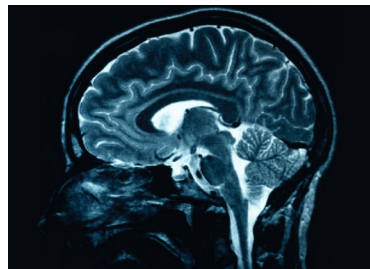
## What causes Multiple Sclerosis?

The cause is unknown at this time. Studies suggest genetics, environmental factors, or viral infections as potential causes.

## Is there treatment available for Multiple Sclerosis?

Yes. If diagnosed with MS, it is important to be examined by a neurologist. Your physician will provide you with the best medical therapy. Treatments may include medications to suppress your immune system to slow disease progression and decrease the severity of flare ups.

Your physician may also recommend physical therapy to address the physical symptoms of MS. The goals of physical therapy are to improve your quality of life and independence.



## With a diagnosis of Multiple Sclerosis, what should I expect?



People live fulfilling and active lives with MS. Many continue with activities they have always

participated in, such as recreational activities, traveling, visiting family, and maintaining active social lives.

It is essential to maintain an active lifestyle. Regular appointments with your neurologist are important to monitor your symptoms and manage your treatments. Participating in activities and incorporating regular exercise into your schedule will aid in maintaining your mobility and endurance, while improving your quality of life. A physical therapist may assist you with this by providing a home exercise program.

This brochure is compliments of:

**ADVANCED PHYSICAL THERAPY & HEALTH SERVICES**  
444 N. Northwest Hwy., Suite 202  
Park Ridge, IL 60068  
Phone: (847) 268-0280  
Fax: (847) 268-0283