

Multiple Sclerosis

Signs/Symptoms	Aims of Exercise
<p>Visual disturbance</p> <p>Muscle weakness</p> <p>Profound lack of energy</p> <p>Unsteadiness</p> <p>Skin sensitivity</p> <p>Pain</p> <p>Muscle spasms</p>	<p>Mobility to maintain range of movement</p> <p>Encouraging clients to use their limbs promotes movement, muscular strength and endurance and prevents the onset of spasms.</p> <p>Find correct balance of exercise/rest so that movements promote mobility without aggravating fatigue and other symptoms.</p>

Parkinson's Disease

Signs/Symptoms	Aims of Exercise
<p>Resting tremor</p> <p>Unstable shuffling walk & difficulty turning</p> <p>Slow movements (bradykinesia)</p> <p>Inability to manoeuvre around or through objects (e.g. doorways)</p> <p>Joint stiffness & muscle cramps (rigidity)</p> <p>- especially in the arms, legs and neck</p>	<p>Maintain and improve mobility</p> <p>Promote relaxation of muscles</p> <p>Improve joint range of movement</p> <p>Improve balance, posture and coordination</p> <p>Enhance ability to move around obstacles</p> <p>Improve walking technique</p>

Stroke

Signs/Symptoms	Aims of Exercise
<p>Loss of sensation</p> <p>Muscle weakness</p> <p>Paralysis</p> <p>Understanding (cognition)</p> <p>Coordination</p> <p>Slurred speech or difficulty communicating</p>	<p>Concentrate on promoting -</p> <p>Sensation</p> <p>Muscular strength & endurance</p> <p>Coordination</p> <p>In particular hand grip strength, upper limb range of movement and lower limb range of movement</p>

Learning Disability

Signs/Symptoms	Aims of Exercise
<p>Balance (Ataxia)</p> <p>Coordination</p> <p>Attention span</p> <p>Social interaction</p> <p>Understanding (Cognition)</p>	<p>Three main areas –</p> <ol style="list-style-type: none">1. balance2. coordination3. understanding <p>Include as much team work as possible to encourage social interaction and vary the exercises frequently. N.b. Short sessions are more effective due to short attention span.</p>

Cerebral Palsy

Signs/Symptoms	Aims of Exercise
<p>Upper body spasticity</p> <ul style="list-style-type: none">- uncontrollable tight grip on objects, distorted posture, stiff and jerky arm movements <p>Lower body spasticity</p> <ul style="list-style-type: none">- walking difficulties, wheelchair use, stiff and jerky movements <p>Facial muscles</p> <ul style="list-style-type: none">- distorted facial expressions and speech difficulties <p>Coordination</p> <ul style="list-style-type: none">- slower ability to coordinate motor skills	<p>Promote range of movement around affected joints by improving flexibility and relaxation of tight muscles</p> <p>Improve joint deformities by working with the antagonistic muscles of those affected by spasticity e.g. if client has bicep spasms then performing exercises which enhance the tricep muscle may help promote natural alignment of the elbow joint</p> <p>Enhance motor skills by performing coordination exercises</p>