

NICE

Road to Wellness

BALANCE AND ADVANCED WALKING FOR PEOPLE WITH MS

Course Information

ONLY CURRENTLY AVAILABLE FACE TO FACE AT OUR CENTRE IN BIRMINGHAM

WHO IS THIS FOR?

This course is generally a follow on from the neuro-movement course for people with Multiple Sclerosis (MS). It is focussed on improving specific elements of balance and walking technique to help reduce muscular fatigue and prevent secondary problems as a result of walking style. In exceptional circumstances a person may access this course directly.

This course is beneficial for people with MS who are able to walk a short distance either unaided or with a stick/crutch. For people who require support from a person to walk the NICE maintenance programme is more suitable.

DURATION OF THE COURSE

This course consists of 4 x 1 hour group sessions. Dates for these will be given in advance and will usually be on a weekly basis.

**Cost on application*

WHAT CAN I EXPECT?

Each session will include a number of tasks in sitting and standing positions, all designed to increase your awareness of balance, centre of gravity and your ability to transfer your weight from one foot to the other.

You will undertake more complex walking tasks, depending on your need, and will be supported to increase the efficiency of your walking. You will learn how to understand your movements, your balance and how to use gravity in a positive way to assist you in your daily life.



AIMS

- To improve confidence and feeling of balance
- To learn how to use compensatory movements to ensure stability
- To increase sensory awareness of body position to increase security
- To learn how to perform complex walking tasks

WHAT NEXT?

At the end of this course you will be equipped with tasks, techniques and tips to help you to continue to improve your daily walking stance and confidence.

As 'habits' tend to creep in over time we recommend that you consider joining the monthly maintenance programme, designed to ensure you sustain a good range of movements throughout your whole body.



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