

# MULTIPLE SCLEROSIS PROGRAM

Neuro Rehab Associates  
2135 Charlotte St. Suite 3  
Bozeman, MT 59718  
Phone: (406) 586-8030  
Fax: (406) 586-8036  
E-mail: [neurorehab@live.com](mailto:neurorehab@live.com)

**I**ndividualized **occupational therapy** to develop and implement practical solutions to the challenges of everyday living with MS... from initial diagnosis to advanced stages.

Helping people with MS stay active in daily life by facilitating participation in the occupations that are valuable and meaningful to them.

Occupational therapy is beneficial when symptoms of MS are impairing someone's ability to perform:

- **Productive activities** - paid work, home management, caregiving, volunteering
- **Self care activities** - dressing, bathing, grooming, eating
- **Leisure activities** - enjoying pastimes and hobbies, involvement in social activities, participation in recreational pursuits

## Areas addressed by occupational therapy

- Fatigue management
- Energy conservation and work simplification techniques
- Activity modifications to allow for continued participation in meaningful tasks
- Upper extremity strengthening and range of motion
- Fine motor coordination
- Improved functional endurance
- Tremor reduction strategies
- Strategies to compensate for changes in sensation
- Visual changes
- Home safety recommendations
- Home modifications
- Functional training with mobility devices
- Cooking and homemaking adaptations
- Memory compensation techniques
- Eating and dinnerware adaptations
- Computer, workplace, and/or work equipment modifications
- Leisure skill development
- Adaptive equipment training
- Healthy lifestyle development

## Other components of the MS Program

- Focus on client education and empowerment
- Support group for clients with MS and their families
- Education regarding valuable services and activities in the community
- Referrals to other professionals as appropriate