



737 Pearl Street, Suite 108
La Jolla, California 92037
Phone: 858.456.2114
Fax: 858.456.2103

www.physicaltherapysandiego.com

Beyond Medications

By Julie Stevens-Hom, MPT, NCS

Have you wondered what options are available beyond taking necessary medications for individuals having Multiple Sclerosis? Often medical management overshadows the benefits of physical therapy which assists with maximizing one's strength, endurance, balance, and mobility. Physical therapy and medications indeed go hand-in-hand.

A physical therapist specialized in MS has the training and understanding necessary to optimize one's mobility and independence regardless of the stage or type of MS, while medications are necessary to manage the disease process. A comprehensive evaluation is completed in order to determine one's baseline. In addition, an individualized program is developed to incrementally improve upon an individual's current condition. All concerns are addressed including standing up from low surfaces, walking outdoors on a variety of surfaces, walking at a faster pace, improving posture and balance, and maximizing endurance (length of time standing and/or distance walking).

Find out how physical therapy can help you or your loved one. Learn what more can be done to optimize prevention of weakness and maximize independence and mobility. A little physical therapy often creates big changes in an individual's quality of life.

Julie Hom, MPT, NCS is the owner of Ability Rehabilitation Specialists, a highly specialized outpatient physical and occupational therapy clinic. They offer the Multiple Sclerosis Improved Performance Program which is covered by most insurances and a Free MS Balance Class in partnership with the MS Society Wellness Program. To find out more, call (858)456-2114 or log onto www.physicaltherapysandiego.com.