

The Aim Exercise Physiology (EP) '**NDIS Multiple Sclerosis program**' is a specialised exercise and lifestyle program with the goal of delivering optimal, cost-effective, quality care to individuals who:

- Experience difficulties with balance/stability, falls, fatigue and/or tiredness
- Experience visual blurring, gait variations, bladder and sensory problems
- Experience difficulties with tremors, pain and/or depression
- Want to improve strength and function for maintaining or increasing independence in activities of daily living.

Our NDIS Multiple Sclerosis program is run by our experienced team of EPs who develop evidence-based exercise programs to suit your needs. Depending on an individual's ability and treatment plan, programs can be performed at home (individually or under supervision), at one of our exercise studios, or in a pool environment - see below for exercise options. Progress and outcome measures are reported to GPs as appropriate, so they are kept up to date.

**Why exercise?** Improved muscular strength, endurance, flexibility, control & balance are among the most significant benefits, and all contribute to an improved ability to complete activities of daily living. This can lead to improved independence, mobility, confidence and mood. Balance training that involves a range of sensory situations and perturbations can assist with falls risk, whilst walking for aerobic fitness and targeted strength training is an effective means of optimising gait. Longer-term effects following training include reduced pain and fatigue, and improvements in memory and brain function. Engaging in regular exercise also reduces the risk of developing other chronic conditions.

**Barriers:** Heat sensitivity can be of concern for many individuals with Multiple Sclerosis. At Aim, we understand the need to keep our exercise environments cool. This helps to maintain a lower core body temperature even during more vigorous activity. Our hydrotherapy pool is also kept at a cool temperature, which is especially useful for individuals with heat sensitivity issues. Fatigue is another common symptom amongst individuals with Multiple Sclerosis. We can target your program structure and content to best suit your individual needs. We also have the capacity to modify the program depending on how you are feeling on a day-to-day basis.

**Referrals:** No doctors referral is required for patients with an approved NDIS plan + funding package.

**Exercise program components and options:** [Note: All costs covered by approved NDIS plans / funding packages]

**1. Initial assessment, treatment plan and report** [1 hour]

Your EP will assess any physical and functional limitations you are experiencing. Together we set goals, identify barriers and develop a tailored plan. Depending on your circumstances, a subsequent appointment may be required.

**2. Program development and implementation** [1 hour]

Individualised and personally tailored home and exercise studio programs will be prescribed in accordance with your needs, wishes and preferences. This will involve a combination of balance, strength and cardiovascular exercise.

**3. Program review/upgrade and progress report** [1 hour]

Clinic review of progress and outcome measures, and upgrade your program with this 1:1 EP appointment. Review timeframes will vary according to individual circumstances and program requirements.

**4. Exercise options:** Not all exercise options are suitable for all individuals - speak to our EP team for clarification\*\*.

Option 1	Option 2	Option 3	Option 4
Home program with review	Home program with supervision	supervised group or 1:1 exercise	hydrotherapy/aquatic exercise
<b>Advantages</b> Exercise in your own home. Optimal flexibility [time, duration] No travel time and cost. No facility or trainer [EP] costs. Written program with pictures.	<b>Advantages</b> Exercise in your own home. Optimal motivation + support. Constant supervision of your technique and progression. Use of our equipment. Limited equipment / exercises. Time efficient. Flexible duration + time. Written program with pictures. Higher commitment / priority.	<b>Advantages</b> <i>Optimal</i> motivation, support, safety, progression + RESULTS. Supervision of your technique, performance and progression. Social interaction and fun. <i>Optimal</i> equipment and variety. Time efficient. Highest commitment / priority.	<b>Advantages</b> <i>Optimal</i> motivation + support. Supervision of technique, performance and progression. Social interaction. Fun and cool environment. Great medium for movement. Water for resistance + buoyancy. Highest commitment / priority.
<b>Disadvantages</b> Less support / encouragement Need self-motivation + discipline Low commitment / priority Limited equipment / exercises Costs for own equipment More appointments for review + program upgrade/progression No supervision or assistance Not suitable for all individuals**	<b>Disadvantages</b> Less social interaction. Limited equipment / exercises. Cost of trainer [EP] 1:1 supervision. Set times for trainer/appointment.	<b>Disadvantages</b> Set times, duration + location. Travel time and cost. Facility and trainer [EP] costs. Not suitable for all individuals**.	<b>Disadvantages</b> Set times, duration + location. Travel time and costs. Facility and trainer costs. Time inefficient. Not suitable for all individuals**.
<b>Conditions</b> Unsupervised exercise at home Self-managed time + duration. Clinic review/upgrade appt. every 4 to 6 weeks	<b>Conditions</b> 1:1 supervised home exercise. Exercise appointment 20–60 min Clinic review/upgrade appt. every 12 weeks.	<b>Conditions</b> Individual or group exercise in fully equipped exercise studio. Exercise session 20–60 min. Max 3 people per group. Clinic review/upgrade appt. every 12 weeks.	<b>Conditions</b> Individual or group hydro pool exercise session 20–60 min. Max 3 people per group. Clinic review/upgrade appt. every 12 weeks.

**Enquiries + bookings:** If our '**NDIS Multiple Sclerosis program**' something that you would like to know more about, our team would welcome the opportunity to speak to you. Please contact us on 08 83311557 or [admin@aimphysio.on.net](mailto:admin@aimphysio.on.net) to confirm costs, request a quote & book an appointment. Alternatively, visit our website and book yourself in online!

**For appointment bookings and enquiries**

T 08 8331 1557; F 08 8331 2579

web: [www.aimphysio.on.net](http://www.aimphysio.on.net) email: [admin@aimphysio.on.net](mailto:admin@aimphysio.on.net)

**Exercise studio locations:**

Toorak Gardens, 363 Greenhill Rd

Oakden Medical Centre, 132-134 Fosters Rd, Hillcrest