

It takes many steps to make a single step

*comes*



*from within*

*“think*

*small”*



Art by Luke

# Tagged with MS, Now What ?



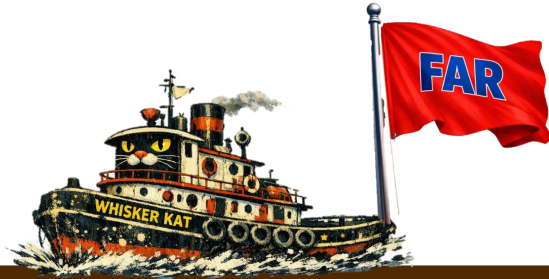
**When first Tagged with MS You Will Get 1,001 family, friends, people and clinicians telling you 1,001 one ways to help your MS. It will be over-whelming.**

**This booklet provides Nursing and real-life advice for individuals, family, friends, people and clinicians on issues and concerns with MS.**

**You write your own “book” with your MS**

**It takes many steps to make a single step**

# M.O.R.E. To DO



## Adopt a Nerve

P.A.W.S. Promote Activity With Stretching

### *Mini-Guide for MS*

is geared to folks, 15 – 40, with MS, their family, friends and employers.

Enhance muscular activity, stretching, increases emotional release and promotes muscle strength

Dr. Hans Kraus NY State Medical Journal  
15 Jan 1954

"THINK SMALL"

## Contents of this Mini-Guide for MS

Clear, Simple, Information for Individuals with MS, their families, friends, and employers.

THINK SMALL

# The M.O.R.E. Framework



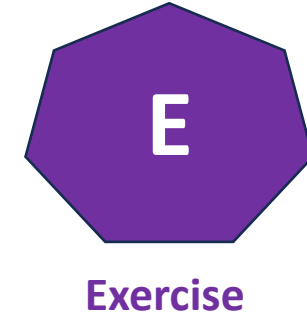
Keep joints and limbs moving gently every day



Fresh air and nature restores spirit, energy, body and mind.



Engage in fun activity. on your terms



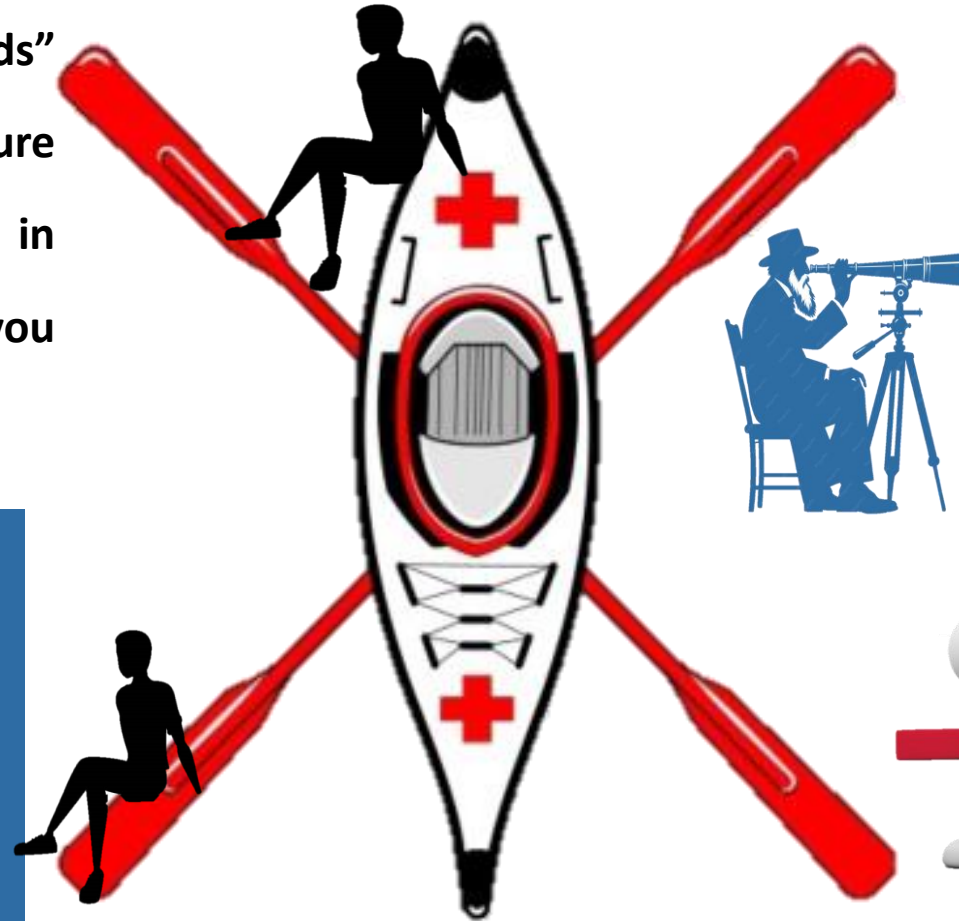
Consistent, gentle stretching. builds strength

**Small Steps. Big Victories**

**Every movement counts, Every effort matters**

# AVOID INJURY WHEN STRETCHING SET A SLOW GRADUAL RHYTHM & PACE

When doing “stretching and bends” you might damage and injure ligaments, muscles, tendons, etc., in your knee’s/low back/neck/ etc., if you push too hard, too fast, too soon.



If you feel pain stretching, hold up, slow down your pace, space out stretches and activity.

**Think Small.**  
**Acclimatize your body and your muscles to frequent, regular steady activity.**  
**Think small.**



Chat with your PT  
See MD as needed

You can't turn back the clock. But you can wind it up again

Bonnie Prudden

It takes many steps to  
make a single step



Physical activity and being  
outdoors forms an important  
outlet for physical and  
emotional stimuli.

Dr. Hans Kraus NY State Medical Journal 15 Jan 1954

“THINK SMALL”



Enhancing Awareness, Promoting Exercise with MS



# M.O.R.E.

## Mobility - Outdoor - Outdoors Exercise

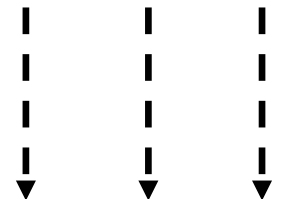
Adapt Everyday Items



as part of your MS

Think Small

It takes many steps to make a single step



Spring Loaded Camming Device (a Friend) used frequently helps keep fingers limber, Likewise playing a musical instrument.

You Don't need to be in Tune,  
What Tune You Play is Your Own  
Note to Self: Keep Fingers Limber



# Catalyst of **M.O.R.E.**



**80% of people diagnosed with Multiple Sclerosis are not employed 3 years after being diagnosed with Multiple Sclerosis. This is your opportunity.**



“THINK SMALL”

It takes many steps to make a single step

Ref: Center for Disease Control/National MS Society

Enhancing Awareness, Promoting Exercise with MS

# BETA - **m.o.r.e.** Collaboration

## Activity and Stretches

Insights Welcome

Think Small



- 1. Broad based Awareness Guide for Folks, Family, Friends, Employers**
- 2. Physical activity and Stretching**
- 3. Participate in Activity**
- 4. Access = Motivation**
- 5. Push = Enjoyment**





**Plan your activities around your peak energy levels**

**Alternate Activity With Rest**

**Slow down before fatigue kicks in**

**Conserve your energy**

**50% doctrine, if you feel 50% tired, rest**



Battleship New Jersey Signal Flags

# Stretch your Horizons

M.O.R.E.

with MS



M.O.R.E. ensures that individuals with MS have your own voice in determining your own objectives and priorities through advocacy and awareness.

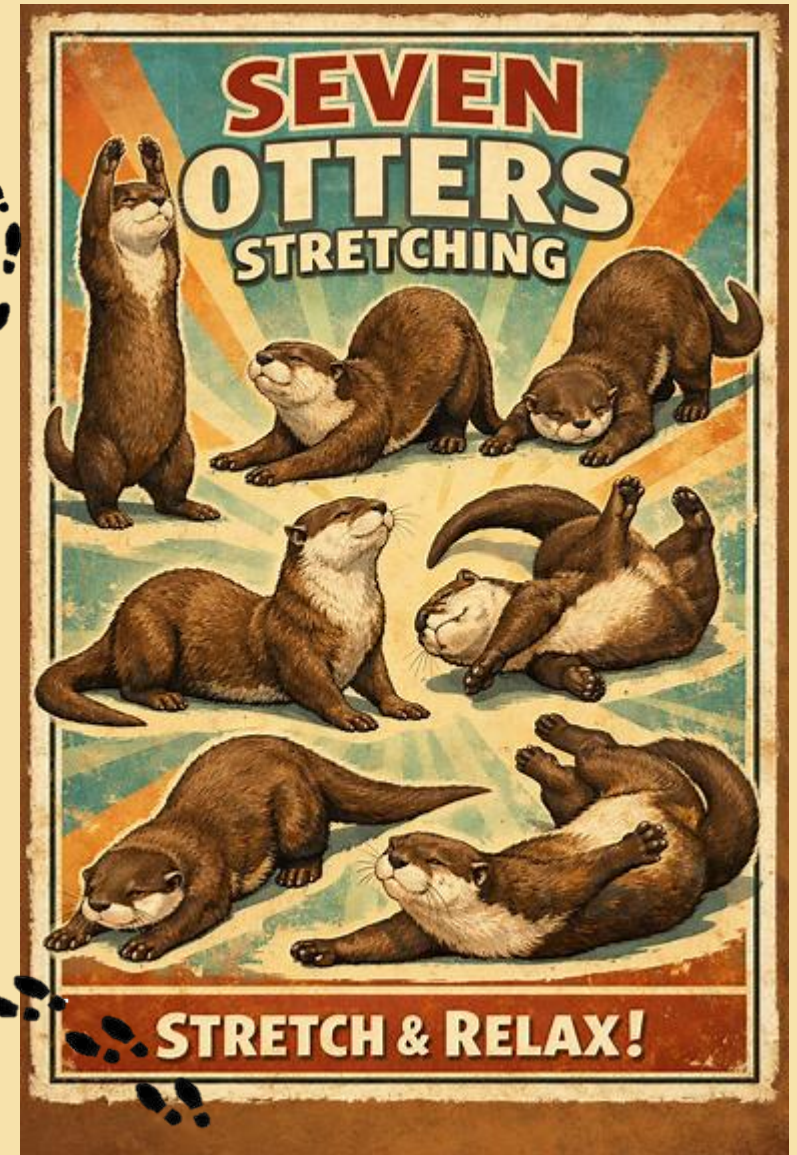
MORE's booklet is directed at enhancing your quality of life, as well as promoting therapeutic arenas for family, friends and employers.

MORE encourages stretching, Mobility, Outdoors, Recreation and Exercise. M.O.R.E.

Collaboration, communication and understanding is key to ensure better access to opportunities for yourself.

MORE's booklet champions a non-invasive strategy that improves your life with MS.

Stretching supports positive changes in your health. You are part of your solution for your better future.



# Navigating Multiple Sclerosis



“THINK SMALL”

Warm Ups/Reaching/Stretching

Prudden's Ten Penny Stretch

Hans Kayak Paddle Stretches

Walking Rest Steps

Flexibility

Low Energy Resistance

Balance

Floor Exercises

Cognitive Incubator

Conservation of Energy



Bonnie Prudden  
Gunks, 1957



- MS impacts individuals differently.
- Basic stretches have a positive impact.
- Stretches are safe within your level of comfort.



It takes many steps to make a single step

References for Navigating the Mini-Guide for MS: Thank-you to Enid Whittaker, Bonnie Prudden Institute, Bonnie Prudden “Fit to Ski”, “Teenage Fitness” and more. Bonnie was the fitness editor for *Sports Illustrated*, NBC Today, Directed AMVETS fitness programs, Author, Skier, member Presidents Eisenhower's President's Council on Youth Fitness, Well known rock climber, mountaineer, a very accomplished individual.



# M.O.R.E. Stories



With MS, You Will Have Days Like This



**Maintain Your Privacy and Space**

**Share Your MS Story**

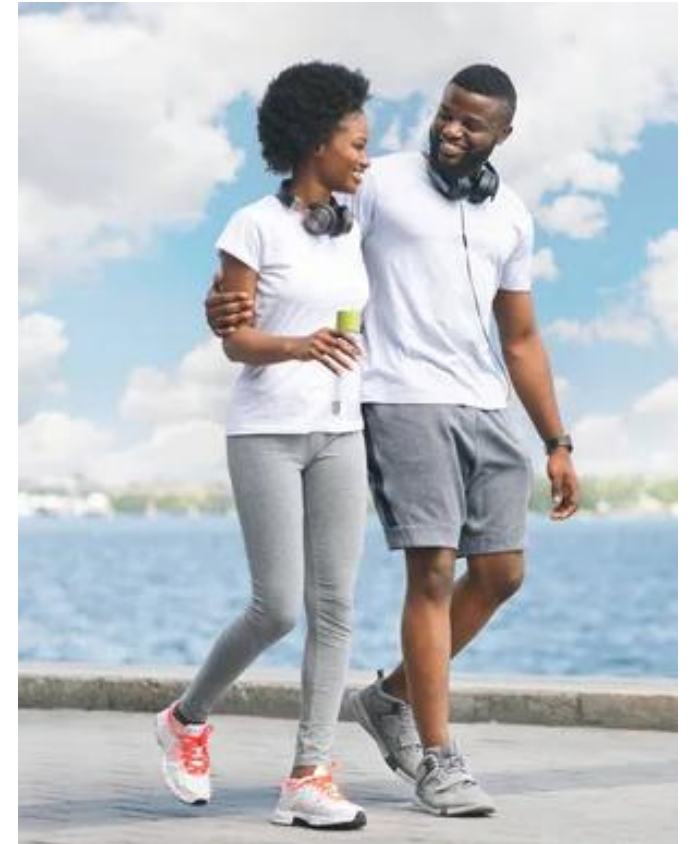
*when your ready,  
in your own way*

**Empower Yourself**

**Empower Others**

**“THINK SMALL”**

**Support Cadre, Change Your Pace**



**Sometimes It is Best to Listen  
without Judgement**

# M.O.R.E. STRETCHING PROMOTES BODY & BRAIN HEALTH

**Mobility. Outdoors. Recreation. Exercise.**

M.O.R.E. is a non-invasive approach to manage symptoms and flare-ups of MS, help restore body functions, optimize one's quality of life, stimulate wellness and enhance participation in activities of daily living.



"THINK SMALL"

Enhancing Awareness, Promoting Exercise with MS

# M.O.R.E. consists of helping others do their best.

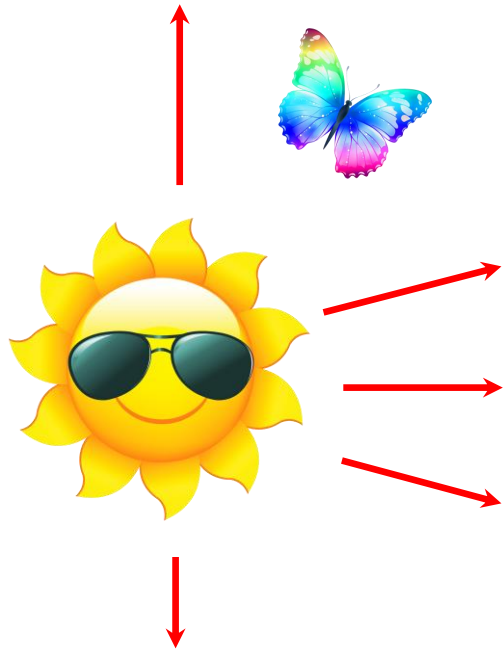
Admiral Chester Nimitz

## Mobility, Outdoors, Recreation, & Exercise

Benefits differ for each individual

1. Improve Strength and Balance
2. Promotes mobility and endurance
3. Allows one to breathe easier
4. Compliments nutrition, bowel and bladder functions
5. Decrease fatigue and spasticity
6. Enhances quality of life and a sense of well being
7. Reduces depression and MS flare-ups
8. Lessens risk of heart disease
9. Other

Ref: American Physical Therapy Association



Your Physical Therapist anchors your activity milieu.



“THINK SMALL”



Enhancing Awareness, Promoting Exercise with MS



John Anderson, curated collaborative material for this mini-guide, a climber since 1972, a RN since 1987. Career in emergency care, neurology and injury control. Tagged with MS, 1988.

This practical mini-guide provides information on MS. Activity, mobility, exercise, outdoors and recreation. It's “beta” gleaned from adapting to MS over the last 30 years. It is meant to enhance awareness of MS and promote the independence of folks with MS. A huge thanks to the folks and colleagues who helped put this together.

# “A Garden to Grow”

James Rouse, Port of Baltimore



**TAKE YOUR TIME TO  
LOCATE YOUR  
OWN SUMMIT...**

**{Faith in Self}**

It take many steps to make a single step





# Mobility, Outdoors, Recreation, & Exercise

## M.O.R.E. Around Your Residence

Cultivate flexibility and stretching when you wash your hands, clean a dish, your workplace, doing household chores, resting, sitting, etc....

“THINK SMALL”

Five (5) minutes to ten (10) minutes stretching/activity/exercise daily, more valuable than a 2 hour daily routine.

Ref: Bonnie Prudden...Household Assets



It takes many steps to make a single step

# Conserve and Protect Your Energy

## Discover Your Own Body's "SMALL" Changes.



**Weak muscles and movements cause accidents and injury. One therapeutic path with MS: Slow down your pace. Control, align, and adjust the position of your body.**

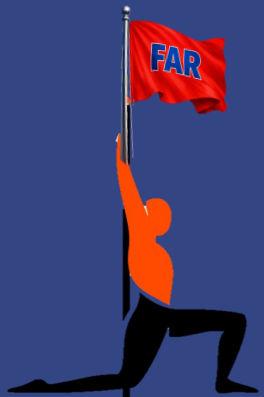


"THINK SMALL"



For Comfort & Safety

Adjust Your Activity



It takes many steps to make a single step

# M.O.R.E. Balance, Steps, Walking



1. Always get your body ready for activity.
2. Stretch your feet, legs, hips, back, and shoulders.
3. Slow movements. Your body has a language all its own.
4. Let your body become aware of increased movement.
5. Adjust + Acclimatize = Activity
6. Rest steps, build up time and distance walking.



It takes many steps to make a single step

THINK  
SMALL

# M.O.R.E. Rest Steps

Adapted from basic and fundamental mountaineering

## Rest Steps when Walking



Control your pace and conserve you energy by using rest steps.

For every 1 step, pause.

For every 2 to 3 steps, pause.

Every 15 minutes, pause, etc...

Pause mid-movements - not after

Rest steps are not giving up, they are strategy

“THINK SMALL”

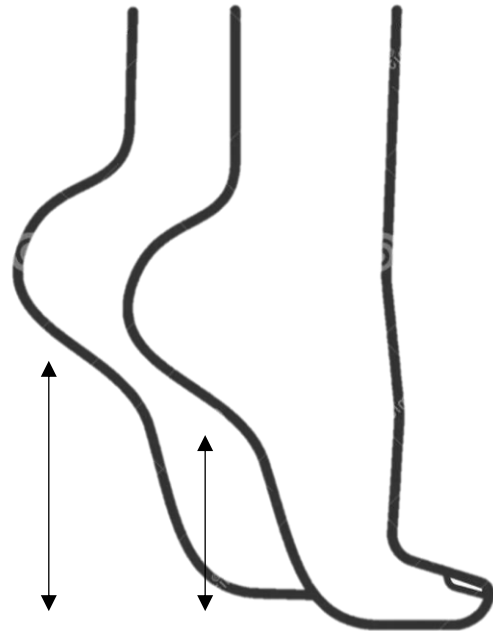
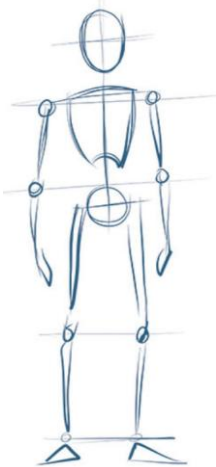
Enhancing Awareness, Promoting Exercise with MS

Build rest  
points into  
your daily  
activity



# Bonnie's Lead

**Build Strength. Enhance Flexibility.  
Stretch Muscles & Nerves.**



When safe. Sitting or Standing Repeat x 4  
Beefs up Ankle Muscles, Helps You Stand, Walk

**“THINK SMALL”**



*Flow into Your Stretch*  
— A Sequential Movement for MS —

1. START → 2. REACH → 3. STRETCH → 4. DEEPEN → 5. HOLD

*Activate Your Pathways!*

Breathe INHALE	FLOW & STRETCH	REACH & BEND	DEEPEN POSE	PAUSE & RELAX
Ease In	Extend Out	Lengthen	Lean Further	Hold & Breathe

# Bonnie's Ten Penny Stretch - Low Impact Stretch that Impacts the Entire Body



SIT

REACH

PICK UP

STAND UP



Do this a few times during your day, at your pace. You are not in a hurry.



STEP RIGHT

REACH UP

PLACE

Stretch High

RETURN

Repeat

Chest, stomach and hands stretch

Neck, back and hips stretch

Legs, ankle, feet and arm stretch

You will feel your body stretching

It may take you a few days, weeks or months, .... before you can do reps.

Repeat until all 10 Pennies are placed on shelf, then repeat



# Cascading Crystal Kaleidoscope Fulcrum for Stretching

**Knee Bends**  
**Start Standing**  
**Sit-down/Push-Up**

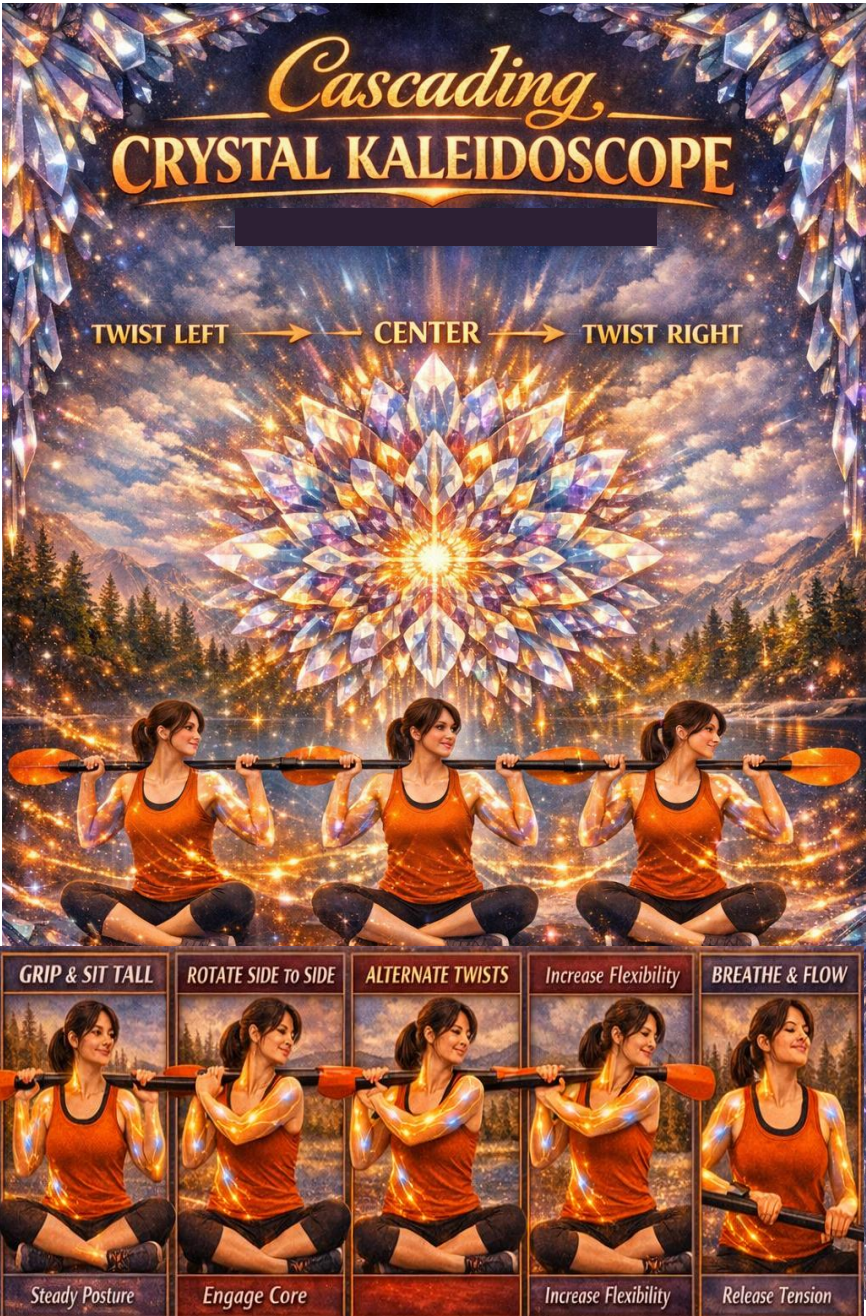


Start standing. Do knee bends...best you can, then stand up. Repeat x 10. Stretches back, leg, hip movements & builds strength.

Good exercise to help you get in and out of kayak.

**“THINK SMALL”**

**Dr. Hans Kraus. Physician, physical therapist, mountaineer, and alpinist. A pioneer of modern rock climbing he was also one of the fathers of sports medicine and physical medicine and rehabilitation and was elected to the U.S. National Ski Hall of Fame in 1974. Advocate for outdoor stretching and exercise.**



Requires Suitable Sketches

“THINK SMALL”

# Lateral Stretch and Movement





Neck stretches must be approached safely, respect your individual needs and limitations. Guidance is found from your MS therapeutic support cadre.

Take a page from climbing:  
 Looking up extends neck, shoulders, chest and back muscles.  
 Advance neck stretches....SLOWLY



<p>Turn head look left.</p> <p>Stretch neck to touch chin to shoulder</p> <p>DON'T CHEAT...lol</p>	<p>Head Looks Straight</p> <p>Hold stretch as long as possible</p> <p>←————→</p> <p>Start Look: Center. Left. Center (extend neck up and down). Right. Center</p> <p>5 to 10 Count for each movement, repeat a few times during your day. Go Slow.</p>	<p>Turn head look right</p> <p>Stretch neck to touch chin to shoulder</p> <p>DONT CHEAT...lol</p>
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You build endurance when doing neck stretches.

# M.O.R.E ZEN

It takes many steps to make a single step

“THINK SMALL”

Your Space is Your Space

Yoga/Meditation/Activity





## ... Locate Your Place

Therapeutic milieu, shade, cool flowing water, quiet, peace



Mount Holly Rancocas Creek  
Mill Race

think small

# “making a **Fixture**”

It takes many steps to make a single step



MS 13000

“THINK SMALL”



Multiple Sclerosis Mobility Initiative  
Enhancing Awareness. Promoting  
Outdoors, Exercise and Recreation



MS 13000 a grass root community initiative  
(M.O.R.E., a legally registered 501c3 organization)

# It Takes Many Steps to Make a Single Step !

Your second step counts...



MS 13,000



“THINK SMALL”



Canada's Mount Robson is 13,000 feet high. Mt. Robson is a metaphor for MS.

13,000 steps is 6 miles. Shawangunk's Carriage Road Trail is a 6 mile long graded cinder packed walking loop.

13,000 are the number of seconds in scooter battery charge.

13,000 are your points for walking, stretching

## All Walls Can Be Climbed... Your Own Way !



*"Think Small"*

*Mt. Robson  
13,000 Feet High*



# P.A.W.S. - Promote Activity With Stretching

Stretching and exercise are a beneficial strategy with your MS. Stretching and exercise helps you manage symptoms, restore functions, optimize your quality of life, promote wellness and helps with your activities of daily rhythms.

**Outdoor exercise and stretching is a MS conundrum. Access for folks with MS into any setting is a problem. Parking, privacy, lack of crowds, shaded walking paths, costs, difficulty of places to walk, access to rest rooms and the like all factor into your decision to exercise and stretch outdoors.**



**PAWS is a user-friendly online database, a virtual guide-book that you can access on your phone to select a location to go outside.**

**PAWS is under development**



# **P.A.W.S. (Promote Activity With Stretching)**

## **Mobility, Outdoor, Recreation & Exercise Clusters**

### **Ap & Database**

**Accessibility for all to outdoor spaces, parks, activities and, products, and services is the crux of the M.O.R.E. access initiative.**

**Responsible and sustainable access is about knowing what is open for access.**

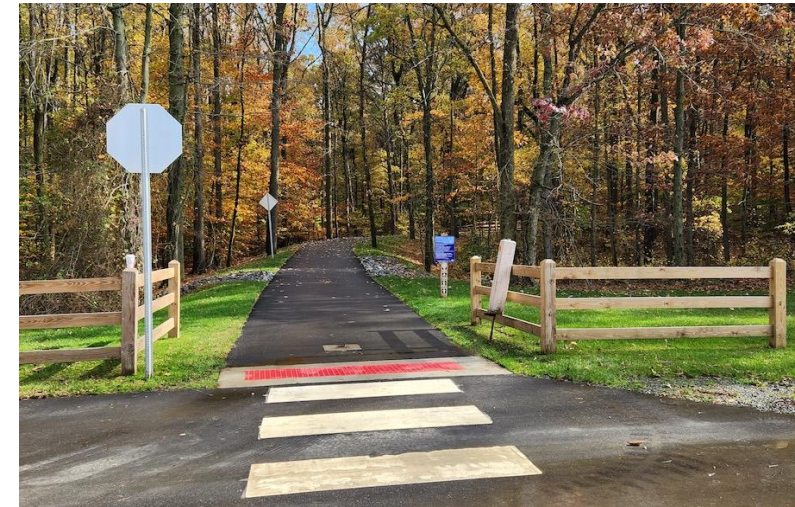
**Access is an opportunity for destinations and companies to connect, enhance and promote outdoor mobility, exercise and enhance awareness to individuals and families**

**“THINK SMALL”**

# M.O.R.E Access

**Think Small**

**Shaded level, graded walking paths are best for walking with MS.**



**Common Denominator: Local. Flat graded. Shaded walking paths.**



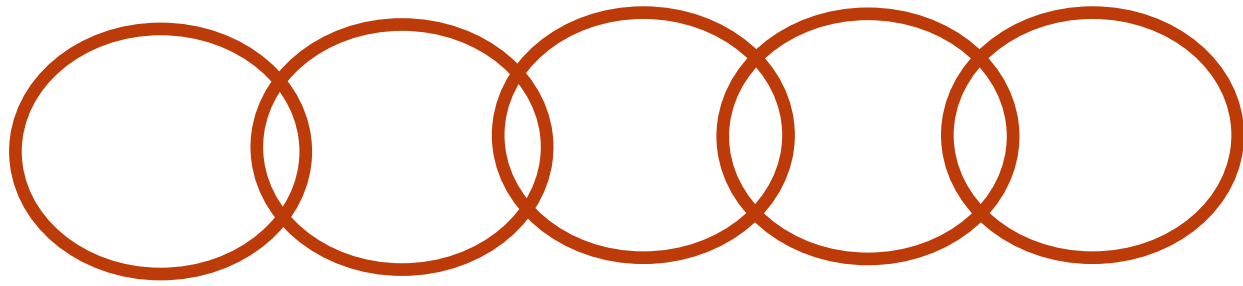
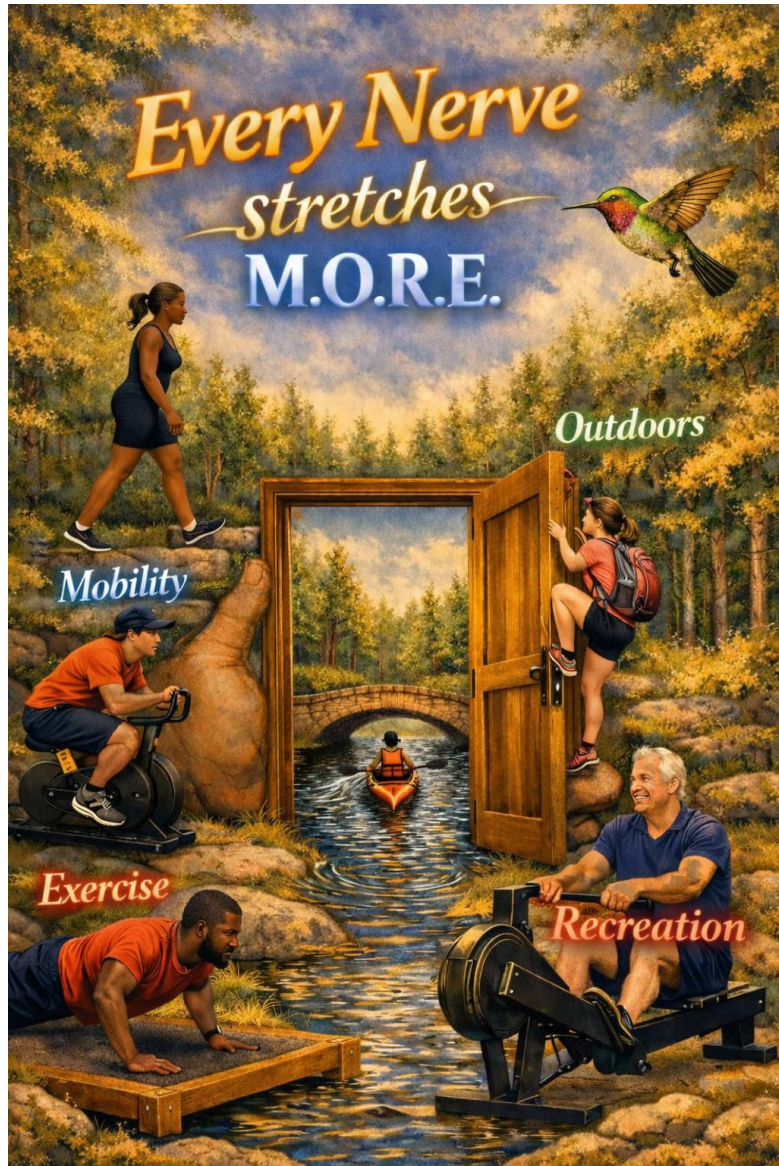
**Start Local. Start Small.**

**As You Increase Your Comfort Level, Bridge into other Activities with Access**



Photos: Mohonk Preserve (NY), Arney's Mount County Park (NJ), Mahlon Dickerson (NJ) Potomac River Greenway (MD/VA), Skylands Manor State Park (NJ), Palisades Park (NJ/NY), Wissahickon Park (PA).





**M.O.R.E. access for MS focuses on five supporting systems: PAWS accelerates innovation and digital transformation for personal and public use; enhances access investment and entrepreneurship; generates opportunities in outdoor stretching that improves personal endurance and resilience. PAWS connects safe, seamless travel that highlights local, parks, forests, waterways with cultural and natural heritage areas for families, friends and individuals.**



# MS is One, One is MS

*The understanding in the field has evolved toward the view of MS as one disease—which is important because the more we continue to split the clinical descriptors, the more confusing MS becomes.*

Scott Newsome, DO, MSCS, FAAN,  
FANA



**MS is Multiple Sclerosis**



## With MS You Are Your Best Advocate. “Think Small” Challenge Self. What are you doing 30 years from today?



CAR-T therapy, long known for its success in fighting cancer, shows positive results in autoimmune diseases. Clinical trials appreciate that people with lupus, rheumatoid arthritis, and multiple sclerosis are experiencing full remission after treatment.

CAR-T works by reprogramming a patient’s own immune cells to target the faulty immune responses driving autoimmune disease.

While still in experimental stages, CAR-T therapy could redefine how autoimmune diseases are treated, a revolutionary approach, shifting the focus from managing autoimmune conditions to hibernating remissions. Discuss with the cadre of your therapeutic MS umbrella.

**AUTOIMMUNE  
REMISSION POSSIBLE**

“No symptoms, no pain, no flare-ups.”  
CAR-T therapy may send autoimmune  
diseases into lasting remission



# M.O.R.E. of a Healthy Community, Naturally.

**Activity**

**Sustain**

**Energy**

**Fun**



“THINK SMALL”



**Mobility**

**Outdoors**

**Recreation**

**Exercise**

It takes many steps to make a single step

Enhancing Awareness, Promoting Exercise with MS



# Beyond your step, **M.O.R.E** Advocacy



“THINK SMALL”



**Analyze data, offer suggestions**

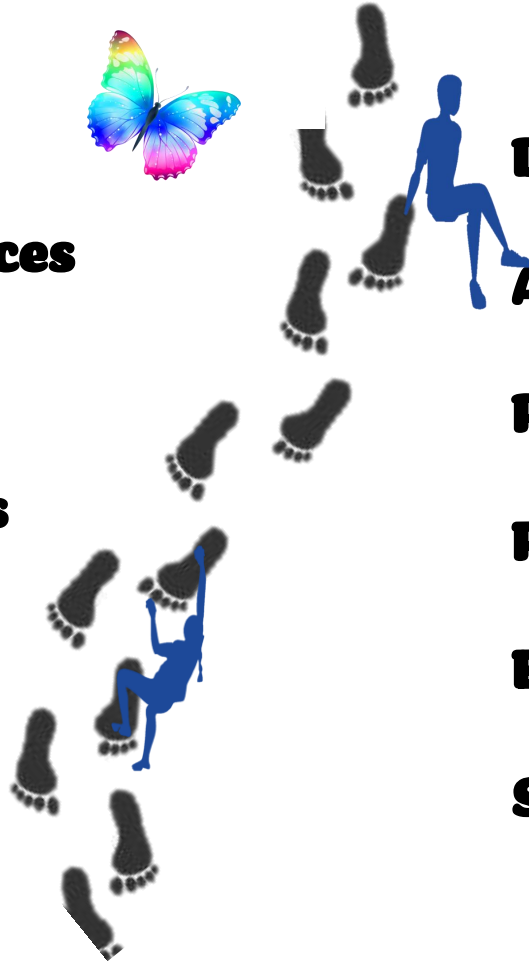
**Help select priorities and resources**

**Initiate objectives**

**Informal discussion among folks  
working groups, Friends,  
colleagues, others**

**Implement**

**Evaluate**



**Document**

**Accountability**

**Replication**

**Feedback**

**Effectiveness**

**Sustainability**



It takes many steps to make a single step

# M.O.R.E Cognitive Incubators

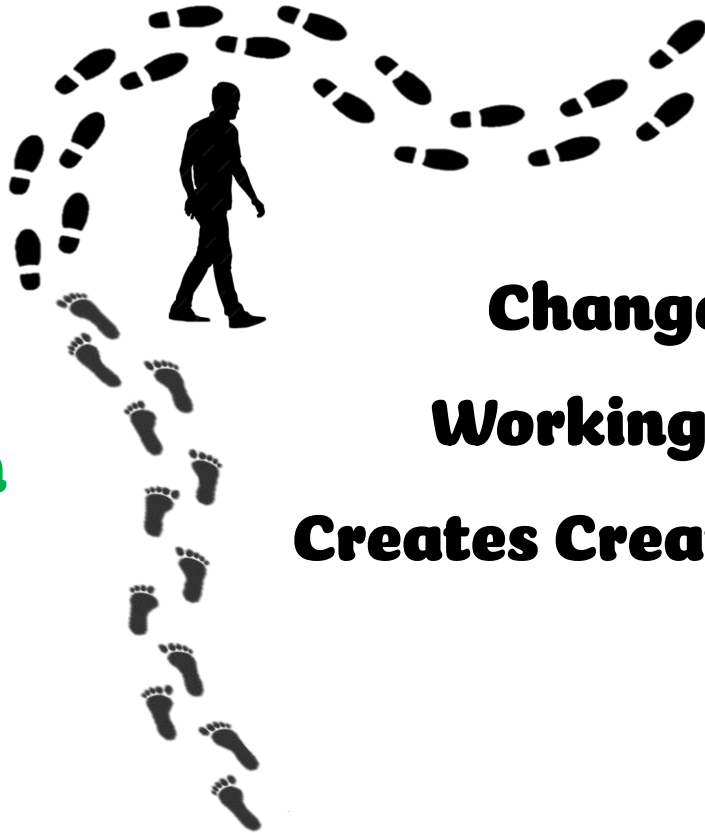
**Mobility**

**Outdoors**

**Recreation**

**Exercise**

**Access**



It takes many steps to make a single step



**Change happens step by step.  
Working with others is an Engine.  
Creates Creative Cognitive Opportunities.**

“THINK SMALL”

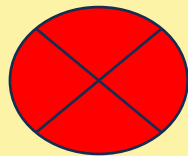
**Fear. There are many faces of fear with MS. Fear of the unknown. Fear of loneliness. Fear of your future. Fear provides you with a crystal-clear mind. Fear is controllable. You feel fear. You control fear. Touch your fear to face fears. Fear keeps one humble. Fear impacts your family and friends. Share your incredible silence, quiet and solitude, this is your summit.**



# M.O.R.E



Strategy for multi-purpose advocacy, promoting, amplifying, and enhancing visibility for a (specific market) M.O.R.E. Public Service Announcement campaign.



Not yet connected

- a) M.O.R.E. Booklet
- b) Mobility, outdoors, recreation and exercise activity hubs
- c) Transform multi-media Ap
- d) Online resource for references
- e) Innovative infographics portal
- f) Shaping tailored content
- g) Partnership engagement
- h) Tell Three “3” Collaboration
- i) Celebrates knowledge transfer
- j) Other

# Visual Gateway, **m.o.r.e** Infographics


“THINK SMALL”

Extensive social media gateway and black-board suite of infographics that promotes personal advocacy, thought leadership, organized activity, pathways for jobs with MS, facts matter with MS, personal voices matter with MS. Contents available for viewing and downloading.

See below small sample infographic models.



**MS & FUTURE ENDEAVORS  
RESEARCH BENEFITS ALL**



Cutting edge and the future of MS research.....  
**In addition new collaborations and partnerships**  
 Etc etc etc etc etc etc etc etc etc etc

One area of research in MS  
**Investigates the relationship between**  
 Etc etc etc etc etc etc etc etc etc etc

**MS research** ————— *Think Small*

AI & Robotics  
**PATHWAYS 4 JOBS**

**Personal and professional opportunity is found with MS**

*Think Small*

**PERSONAL ADVOCACY**

Voices Matter  
**ALL VOICES MATTER**

Your voice, your issues, your concerns, your future, your voice personalizes MS.

Person to Person a powerful connection.

*Think Small*

Your action  
 Your Activity

Mobility connects social media

Your definition of mobility is different then others.

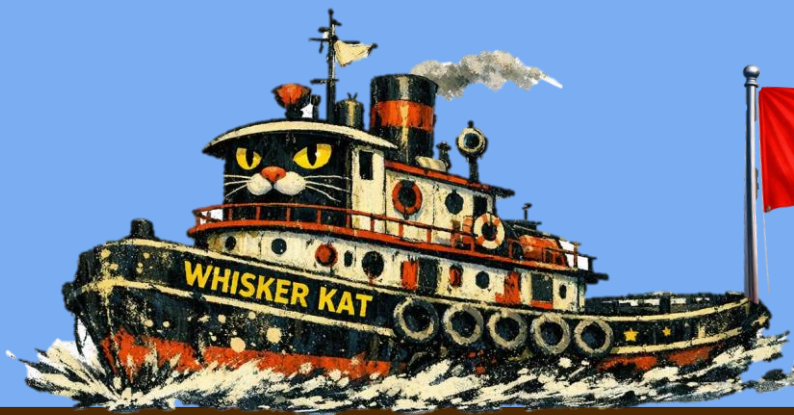
Be comfortable in your mobility, stretching matters.

*Think Small*

It takes many steps to make a single step



M.O.R.E



# Adopt a Nerve

"Think Small"



- Volunteer
- Public Service Announcements
- Research Connects Activity
- MORE database & AP
- Job Development
- Stretching
- Resource Inventory
- Advocacy

It takes many steps to make a single step

# M.O.R.E. FAITH

**Collaborative**

**Grass-Root**

**Community**

**Ecosystem**



“Think Small”

**Your support is your therapeutic cadre**

**Maintain Flexibility and Faith in Your Support Style**

# Discover Your Place for Space

"THINK SMALL"

My Space

is

My Space



highlands mist



"Think Small"

My Space

is

My Space



Inside

It takes many steps to make a single step



# M.O.R.E. Bridges for Inclusion

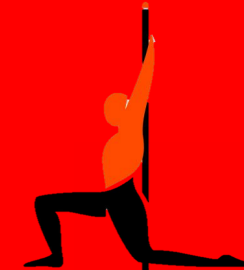


**KNOWLEDGE** creates **ENTHUSIASM**. **M.O.R.E.** is focused on establishing a lively exchange of knowledge between individuals, families, friends, employers, business, clinicians, research and science in order to guide individuals along the many paths of MS.

**M.O.R.E.** is “accessible” to all. **M.O.R.E.** “creates knowledge” and passes this along to others . It is hoped that **M.O.R.E.** inspires people to explore their own personal innovative ways of stretching and activity.

**M.O.R.E.**’s issues are ones that affect us on a daily basis – **M.O.R.E.**’s goal are individual’s collaborating and learning from each other – to use our strengths, to work together and not against each other.

# Enhance Activity, Promote Stretching with MS



**Tell Three (3) Campaign --- Tell 3 People who then tell 3 other people who then tell 3 other people who then tells 3 more people....**

**“THINK SMALL”**

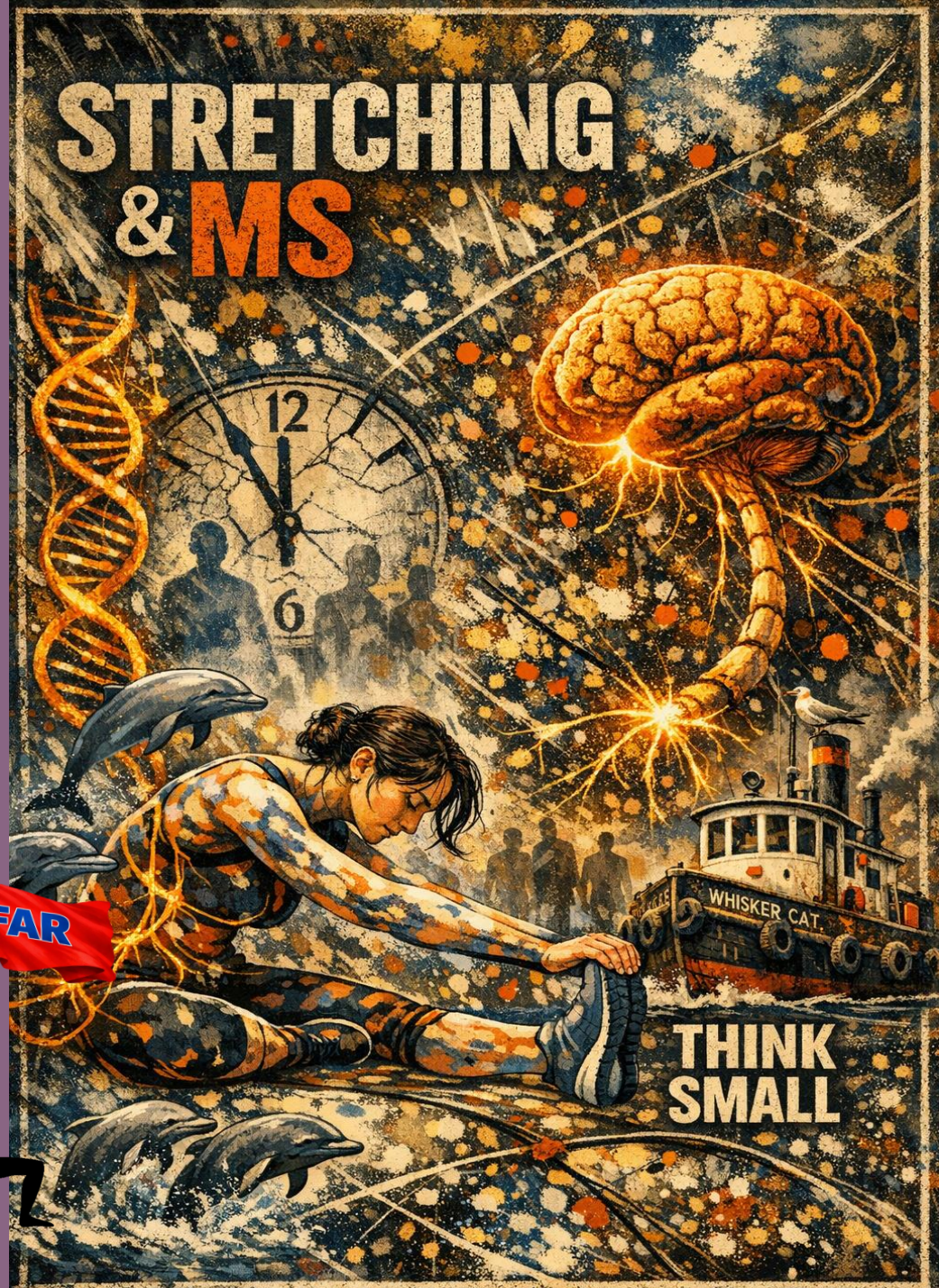
**Tell 3**



**FAR**

**It takes many steps to make a single step**





It comes from within



Dragon fly Art by Luke

**“Five minutes of stretches is of more value then a occasional workout”** Bonnie Prudden

**“Think Small”**



**Much obliged to all  
who contributed.**





# M.O.R.E.

It takes many steps to make a single step



Tugboats Port of Philadelphia  
Artist - Nick Grassia



**Dynamic for Today,  
Predictive for the Future**



**Initiative POC Text: 609-456-9344**

**Thank-you**