

stiffness (especially in the legs) can be corrected with stretching exercises. Stiffness in the neck muscles can affect neck and head posture and control, which can also be corrected with supports and exercise.



4. **Restoration of muscle tone** - Increased tone (hypertonia) or decreased muscle tone (hypotonia) is a result of the impact of MS on the nerves. A physical therapist may use manual techniques to improve joint sensation and restore normal muscle tone.

Physical therapists play an important role in the management of patients with MS and several other conditions affecting the nerves, muscles, bones, and joints. If you or someone you know needs help, we are just a phone call away. There is a lot that physical therapists can do to help you (and everyone you know) live an independent, pain-free lifestyle. Give us a call today, and we'll show you what we can do for you.

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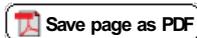
(Must be a previous patient)

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