

Exercise in Motor Neuron Disease (MND) is recommended. This includes stretching, strengthening and aerobic exercises. Please review the guidelines listed below primarily adapted from the Canadian best practice recommendations for the management of ALS, CMAJ 2020.

- For resistance exercise or weight training, submaximal exercise is encouraged (ie. do not lift to your max). Another way of thinking about it would be to choose a weight about 50% of what your maximum for that many of repetitions would be.
- For conditioning or aerobic exercise, moderate intensity physical activities are encouraged (those that cause adults to sweat a little and breath harder).
- Avoid any exercise that causes extreme tiredness after exercise or pain that lasts more than 30 minutes after exercise is complete.
- Ensure exercise is performed safely, and that it is not causing trouble with breathing or putting you at risk for falls.

### Additional Resources:

- ALS Guide: A Guide to Amyotrophic Lateral Sclerosis(ALS): Provided by the ALS Society of Saskatchewan

- Scan QR code for ALS Saskatchewan



- Scan QR code for NeuroSask Active and Connected: Active and Connected is a virtual program tailored to people with neurological conditions, providing physiotherapy-guided movement, expert information on health and wellness, and social-connection

