

Plan to stay active

LM mobility management plan
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Why do people with functional symptoms sometimes have problems with their legs working properly?



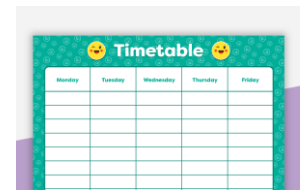
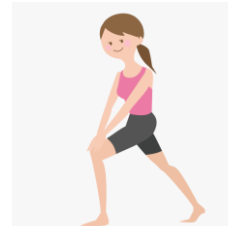
Sometimes our brain sends the **wrong messages** to our legs, like a **software problem** on a computer. This can happen if we are upset, tired, struggling to cope or bored.



To help, it is important to **remind your body** how to function normally; like **rebooting a computer** and helping it to **send the right messages again**.

Things that will help you **STAY** fit (do these things **ALL THE TIME**)

- ✓ Keep moving about **normally**
- ✓ It is ok to do light stretches **every day**
- ✓ Try walking or an online exercise class **every other day**, with a **rest day** in between
- ✓ This helps to **PACE** your activity so you don't push yourself too much or do too little (boom & bust)
- ✓ Use your **sensory box** every day to help feel calm and distracted
- ✓ Use your **visual timetable** to plan each day



➤ This helps to remind your brain to send the **right** messages to your legs



➤ You will be less likely to have problems in the future

Things that will **NOT** help

✗ Drinking alcohol ✗ Poor sleep routine ✗ Too much time on videogames ✗ Forgetting to **PACE** ✗ Lack of routine/structure

What if you get MILD symptoms e.g. fuzzy or tingling legs, or a change in colour?

- Prevent further escalation by reminding your brain to send the right messages to your body
- Get back to normal as quickly as possible

What if you get SIGNIFICANT symptoms e.g. difficulty moving your legs, supporting your weight or walking?

- Reboot the messages to your brain by starting simple exercises
- Start with easy tasks (below) then slowly try more challenging tasks

- Try to keep moving as normal; if you move your body in a different way it may mean the wrong messages keep getting through
- Do some stretching exercises every day for example:



Sit on a chair with good back support



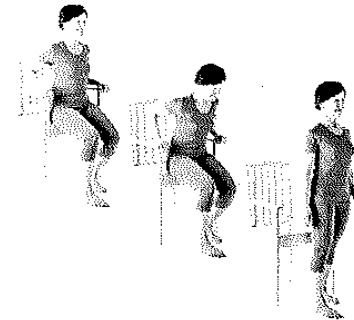
Stretch hands above head whilst breathing in. Breathe out and release hands. Repeat 5 x



Sit and lift one arm, reach over your head. Breathe in/out. Repeat 5 X



Sit on a chair. Lift leg up off seat keeping knee bent. Place leg back down. Repeat 5 X



Sit to stand using arm support. Ensure feet firmly on floor, shift weight forward - Nose over Toes. Push up to stand using arm supports. Repeat 5 X

Things that will NOT help

- ✗ LONG TERM use of aids like a wheelchair to get around – sometimes it might be helpful to use aids for a **SHORT TIME** to help you get to college or appointments
- ✗ Other people touching, pushing or trying to move your body for you; it is important that your body regains control itself
- ✗ People around you panicking or making you worry
- ✗ All these things will keep the wrong messages being sent and could make the

Other important things to remember:

- ✓ We know your symptoms are **real**
- ✓ We understand they are very **upsetting** and want to help make them better
- ✓ You can **get better** – just like you have done before