



SUPERVISED VS TELEREHAB EXERCISE PROGRAM
FOR PEOPLE WITH MULTIPLE SCLEROSIS

EXERCISE RESEARCH

STUDY

YOU MAY QUALIFY IF YOU:

- Are 18 - 65 years old
- Have multiple sclerosis
- Can walk but you have some difficulty, with or without a device
- Do not exercise regularly
- Have not had a relapse in the past month
- Can commit to exercise 2 times a week for 16 weeks
- Can drive to study site for assessments and potentially for exercise training
- Have reliable internet access

COVID-19 SAFETY

Mask required during visit
Symptom screening 24hrs before study visit
Symptom screening on arrival to study site
Extra in-lab cleaning procedures

CONTACT INFO

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VISIT OUR WEBSITE FOR MORE INFO

[HTTPS://WWW.ICONQUERMS.ORG/WELCOME-STEP-MS](https://www.iconquerms.org/welcome-step-ms)