

# INTERNATIONAL PROGRESSIVE MS ALLIANCE

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More than hope. **Progress.**

## Well-Being and Symptom Management Resources

### General

<https://mymstoolkit.com>

<https://mssociety.ca/resources/wellness>

<https://www.nationalmssociety.org/Living-Well-With-MS>

[https://www.aism.it/vivere con la sm](https://www.aism.it/vivere_con_la_sm)

<https://www.mssociety.org.uk/care-and-support/everyday-living>

### Cognition

[www.stayingsmart.org.uk/](http://www.stayingsmart.org.uk/)

<https://www.mssociety.org.uk/about-ms/signs-and-symptoms/memory-and-thinking/cognitive-problems-in-ms>

[https://www.aism.it/sintomi della sclerosi multipla disturbi cognitivi](https://www.aism.it/sintomi_della_sclerosi_multipla_disturbi_cognitivi)

[https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/brochure cognitive-changes-in-MS current-recommendations.pdf](https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/brochure_cognitive-changes-in-MS_current-recommendations.pdf)

### Fatigue

<https://www.mssociety.org.uk/about-ms/signs-and-symptoms/fatigue>

<https://www.mstrust.org.uk/a-z/fatigue>

[https://www.aism.it/sintomi della sclerosi multipla la fatica](https://www.aism.it/sintomi_della_sclerosi_multipla_la_fatica)

<https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Fatigue-What-You-Should-Know.pdf>

### Mobility and Motor Function

- Physical activity and fitness

<https://mssociety.ca/support-services/programs-and-services/recreation-and-social-programs/physical-activity>

[https://www.aism.it/sintomi della sclerosi multipla disturbi della coordinazione](https://www.aism.it/sintomi_della_sclerosi_multipla_disturbi_della_coordinazione)

<https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Stretching-for-People-with-MS.pdf>

<https://www.mssociety.org.uk/ms-active-together>

- Falls

<https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Minimizing-Your-Risk-of-Falls.pdf>

<https://www.nationalmssociety.org/Resources-Support/Library-Education-Programs/Free-From-Falls>

- Use of standing frames for more severely disabled people

<https://www.plymouth.ac.uk/research/sums>

## **Pain**

<https://www.mssociety.org.uk/about-ms/signs-and-symptoms/pain>

[https://www.nationalmssociety.org/Programs-and-Services/Resources/Managing-Pain-and-Sleep-Issues-in-MS-\(dvd\)?page=1&orderby=3&order=asc](https://www.nationalmssociety.org/Programs-and-Services/Resources/Managing-Pain-and-Sleep-Issues-in-MS-(dvd)?page=1&orderby=3&order=asc)

[https://www.aism.it/sintomi\\_della\\_sclerosi\\_multipla\\_dolore](https://www.aism.it/sintomi_della_sclerosi_multipla_dolore)

[https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Documents/Book\\_NAEP\\_2012.pdf](https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Documents/Book_NAEP_2012.pdf)

<https://www.nationalmssociety.org/Symptoms-Diagnosis/MS-Symptoms/Spasticity>