

An Approach to Exercise in Individuals with SMA

Guidelines and Options for those living with SMA across the lifespan

Goal of this talk

- To provide education on exercise guidelines and options to support an active lifestyle in participants of all ages and types of SMA

Objectives

- Understand benefits of exercise and active lifestyles
- Understand what we know about exercise in individuals with SMA based upon current literature
- Understand potential options and resources to support establishing an active lifestyle
- Understand considerations and medical precautions before starting an exercise program

Exercise and Active Lifestyle

- Basic physiology of exercise
- Impact of Exercise on the body and mind

Exercise in SMA

- Literature Review Summary

Options and Modifications

- Overview of exercise in infantile onset SMA
- Overview of exercise in later onset SMA
- Overview of exercise in adults with SMA

Considerations

- Medical Precautions
- Setting goals
- Staying consistent and progression of an exercise program