



UNIVERSITY of LIMERICK

OLLSCOIL LUIMNIGH

INFORMATION LEAFLET

Examining the Effects of Pilates on mood among people with Multiple Sclerosis

Would you like to try Pilates? Do you have only minimal problems walking because of your MS? If so, you might be interested in our forthcoming Pilates study conducted by Karl Fleming and Dr. Matthew Herring from Sports Science and Prof Susan Coote from Clinical Therapies at UL.

Who can take part?

Anyone with a diagnosis of MS, aged 18 or over, with no experience in participating in Pilates can take part. Participants should have no other health conditions or medical concerns that may prevent safe participation in physical activity. A Physical Activity Readiness questionnaire will be provided to establish if participants are safe to exercise.

What is involved?

If you decide to take part, you will complete two sessions per week of Pilates over an eight week period or you will have assessments while waiting for a Pilates class. We will allocate participants to either a group based Pilates, home-based Pilates or Waiting List group. The classes will be provided by a qualified instructor and are free of charge. We will use a series of questionnaires relating to symptoms of depression, anxiety, fatigue and level of physical activity and you will complete these before, during and after the eight week Pilates sessions. Additionally, we will provide with you with a heart rate monitor and SenseWear device to objectively measure intensity and activity during the sessions.



If you would like an information leaflet or have questions please e-mail....

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This research study has received Ethics approval from the Education and Health Sciences Research Ethics Committee. If you have any concerns about this study and wish to contact someone independent you may contact:

Chairman Education and Health Sciences Research Ethics Committee

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