

Chronic Conditions and Falls Risk: People Living with Multiple Sclerosis Who Can Walk

Learn the link between multiple sclerosis and falls, and which falls prevention solutions are right for you.

Types of Multiple Sclerosis (MS)



- Clinically isolated syndrome
- Relapsing-remitting MS
- Secondary progressive MS
- Primary progressive MS

Why do people with MS fall?

The reason can be related to the environment, your body, or what you are doing.



Falls happens for a lot of different reasons.

Examples:

- Uneven ground & poor balance
- Difficulty planning ahead
- Pushing to finish an activity while tired
- Walking without prescribed mobility aid

Solutions



Talk to your healthcare team, they can help you:

- Learn why falls happen
- Make your home safer
- Manage MS symptoms and fear of falling
- Change the way you do things to make them safer
- Find a mobility aid that is best for you