

WELCOME TO

# Exercise in Place

At-home exercise for myositis

*A Live Q&A with*

Megan and Lauren, Occupational Therapy  
Fin and Ruben, Physical Therapy

---



WEBINAR PROVIDED BY

# Myositis Support and Understanding (MSU)

MSU is an all-volunteer, patient-centered nonprofit organization founded by myositis patients for myositis patients and caregivers. We work to improve the day-to-day lives of those impacted by myositis.

Learn more at:

[UnderstandingMyositis.org](https://UnderstandingMyositis.org)

---



MAY IS MYOSITIS AWARENESS MONTH

# High Fives from the Heart

**#MyositisLIFE in a Pandemic World**

We have adapted our awareness theme and activities to incorporate the pandemic and its affect on the myositis community, while we also celebrate 5-years serving as the Heart of the Myositis Community!

Learn more at:

[UnderstandingMyositis.org/awareness](https://www.understandingmyositis.org/awareness)

---



MAY IS MYOSITIS AWARENESS MONTH &  
MSU CELEBRATES 5-YEARS AS THE HEART OF THE MYOSITIS COMMUNITY

## High Fives from the Heart



in a Pandemic World



Get started at [UnderstandingMyositis.org](https://UnderstandingMyositis.org)



# Our Speakers

Welcome back to MSU our speakers for today's session, all who have joined us for past #MyositisLIFE video sessions.

## Occupational Therapy

Megan McGowan  
Lauren Burgess

## Physical Therapy

Fin Mears  
Ruben Pagkatipunan Jr.

**with the Johns Hopkins Myositis Center**

**Johns Hopkins Myositis Center**

0	No exertion	To rate your perceived exertion after an exercise session, just register the number that you feel best represents your experience
0.5	Extremely weak (light)	
1	Very light	
2	Light	
3	Moderate	Lower numbers correspond to lower exertion, while higher numbers describe a higher level of exertion
4	Somewhat strong	
5	Strong (heavy)	
6		The anchor words are there to help, and you can always use numbers without an anchor word. For example: a 6 corresponds to an experience of exertion that is stronger than a 5, but not exerting enough to be described as a 7.
7	Very strong	
8		
9		
10	Extremely strong (almost maximal)	
•	Maximal	

## A home exercise program if you:

- ...recently was diagnosed with PM or DM
- ...go into a flare in PM or DM
- ...if you haven't exercised for a long time or never before



## Home exercise program – recent diagnosis, flare



1. Warm-up



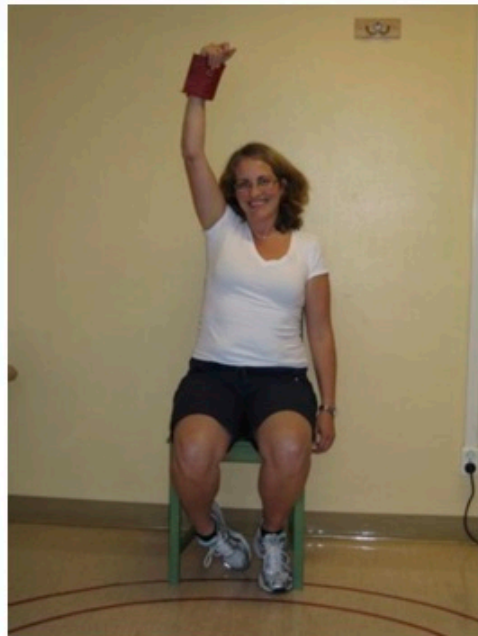
2. Shoulder mobility



3. Grip strength



4. Strength knee extensors



5. Strength shoulders



6. Strength hip extensors



8. Strength hip flexors



7. Strength neck flexors and trunk

- Improved muscle function and health (Physical, Pain, Fatigue) without increased muscle Inflammation
- Signs of reduced inflammation in patients with low disease activity



# THANK YOU

We thank Megan, Lauren, Fin and Ruben for joining us today to provide helpful Exercise in Place information.

Stay tuned for upcoming sessions with this amazing team.

Learn more at:

[UnderstandingMyositis.org](https://UnderstandingMyositis.org)

---



# Coming Soon . . .

Register to attend these May webinars



**Managing Myositis Patient Care During the COVID-19 Public Health Crisis, Dr. Rohit Aggarwal**

**Wednesday, May 13<sup>th</sup> at 3 PM Eastern Time**

---

**Paul Kidwell Presents Five Stories at the Heart of Caregiving**

**Tuesday, May 19<sup>th</sup> at 5 PM Eastern Time**

---

**#ItsMyTurn: Becoming a Plasma Donor Hero with CSI Pharmacy and the Immune Globulin National Society (IgNS)**

**Tuesday, May 26<sup>th</sup> at 7 PM Eastern Time**

# Contact Information

WAYS TO CONNECT WITH MSU

**MSU Website**

[www.Understandingmyositis.org](http://www.Understandingmyositis.org)

**#MyositisLIFE Website**

[www.MyositisLIFE.org](http://www.MyositisLIFE.org)

**Email**

[info@Understandingmyositis.org](mailto:info@Understandingmyositis.org)

