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

High Fives from the Heart

#MyositisLIFE in a Pandemic World

Get started at 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
## Borg CR-10 scale – to rate perceived exertion

<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
<th>Exertion Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No exertion</td>
<td>No exertion, lower number corresponds to lower exertion</td>
</tr>
<tr>
<td>0.5</td>
<td>Extremely week (light)</td>
<td>Extremely week (light)</td>
</tr>
<tr>
<td>1</td>
<td>Very light</td>
<td>Very light</td>
</tr>
<tr>
<td>2</td>
<td>Light</td>
<td>Light</td>
</tr>
<tr>
<td>3</td>
<td>Moderate</td>
<td>Moderate</td>
</tr>
<tr>
<td>4</td>
<td>Somewhat strong</td>
<td>Somewhat strong</td>
</tr>
<tr>
<td>5</td>
<td>Strong (heavy)</td>
<td>Strong (heavy)</td>
</tr>
<tr>
<td>6</td>
<td>Very strong</td>
<td>Very strong</td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Extremely strong (almost maximal)</td>
<td>Extremely strong (almost maximal)</td>
</tr>
<tr>
<td>•</td>
<td>Maximal</td>
<td>Maximal</td>
</tr>
</tbody>
</table>

To rate your perceived exertion after an exercise session, just register the number that you feel best represents your experience. Lower numbers correspond to lower exertion, while higher numbers describe a higher level of exertion. 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.
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
7. Strength neck flexors and trunk
8. Strength hip flexors

- 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
Coming Soon . . .

Register to attend these May webinars

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

Wednesday, May 13th at 3 PM Eastern Time

Paul Kidwell Presents Five Stories at the Heart of Caregiving

Tuesday, May 19th at 5 PM Eastern Time

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

Tuesday, May 26th at 7 PM Eastern Time
Contact Information

WAYS TO CONNECT WITH MSU

MSU Website
www.Understandingmyositis.org

#MyositisLIFE Website
www.MyositisLIFE.org

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