

Jen Fuller



Brief Abstract and Title:

Postural Alignment Therapy in Multiple Sclerosis *(Presenting in conjunction with Dr. Rudy Dressendorfer)*

This workshop will provide a practical discussion of specific home-based exercises for correcting deficits in posture, balance and gait that are commonly seen in MS patients. Rudy and Jennifer will demonstrate the exercises and they welcome audience participation.

Learning Objectives:

Their presentation will hopefully increase your ability to:

1. Identify some body alignment problems in MS
2. List some exercises for improving posture, balance or gait in MS, and
3. Demonstrate these exercises

Ms. Fuller received her BS in kinesiology from the University of Maine. She is the owner of Fuller Health (www.fullerhealth.org) and an exercise therapist near San Francisco, California where she provides functional coaching to correct postural imbalances associated with pain and disability. The Egoscue method is a cornerstone of the principles used in her work. Jennifer is currently working with Dr. Dressendorfer on a multiple sclerosis research project.