

# Dr. Rudy Dressendorfer



## **Brief Abstract and Title:**

### **Exercise Therapy in Multiple Sclerosis: State of the Art and Future Considerations**

In this presentation, Dr. Dressendorfer will review current theory and research on the adjunctive role of exercise for reducing disability in multiple sclerosis. He will also discuss exercise management guidelines and introduce the benefits of novel modes of exercise intervention.

## **Learning Objectives:**

Rudy hopes that his presentation will enhance your ability to:

- List some theoretical and evidence-based benefits of exercise therapy in MS,
- Describe different modes of exercise for MS patients, and
- State some guidelines for prescribing exercise in MS.

### **Postural Alignment Therapy in Multiple Sclerosis**

(Presenting in conjunction with Jen Fuller)

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:

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

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Dr. Dressendorfer received his PhD in medical physiology from the University of Hawaii School of Medicine and throughout his career has specialized in clinical exercise physiology. He was a certified exercise program director in the American College of Sports Medicine for 25 years. He retired as full professor of Human Performance & Sport at New Mexico Highlands University and subsequently, taught exercise physiology and did collaborative research as adjunct professor in Physical Education & Recreation at the University of Alberta. Currently, he practices sports medicine as a licensed physical therapist in California. Dr. Dressendorfer recently authored over 50 articles (to be published online in 2009 as part of a rehabilitation resource) on conditions and injuries treated by physical therapists.