

GIVING

hope

"Laughter is the sun that drives winter from the human face."

—Victor Hugo

HAVE AN INSPIRING QUOTE YOU WANT TO SHARE?
Email us at msclinic@smcne.com

Help with Walking Challenges

Many people with MS struggle with walking due to electrical signals not getting to the correct muscles required for walking. Foot drop is a common problem caused by weakness of the muscles required to pick the toes up. We can help manage foot drop in multiple ways. We generally start with physical therapy sessions to strengthen weakened muscles. Due to falling potential, sometimes an **Ankle-Foot Orthosis**

(AFO) is recommended to help stabilize the foot in a neutral position. There are soft ankle braces that can be used to allow for flexibility or rigid AFO's that can be custom made for each person.

Dalfampridine (or Ampyra®) is a medication that helps with electrical conduction in the demyelinated nerves, and can be a great addition to physical therapy exercises. Many people find the medication very beneficial.

As with all medications, there is a risk of side effects and may not be a good fit for everyone. A person with a history of seizures would not be a candidate for this medication. Common side effects could include insomnia, dizziness, headache, nausea and constipation.



Ankle-Foot Orthosis (AFO) Examples



Saunders
MEDICAL CENTER

Be Well.

Help with Walking

(continued)

When medication is not an option, there may be benefit from **functional electrical stimulation**. This is a device attached to the body that sends electrical signals that the brain is no longer able to send. Two such devices are the **Bioness® L300** and **Cionic® Neural Sleeve**.

The Bioness is generally worn below the knee to stimulate the lower leg muscles. The neural sleeve is worn over the entire leg and can be adjusted with an app on your cell phone.

These options can become expensive for patients as they are not always covered by insurance. Some people may qualify for financial assistance through the National MS Society to help with the cost.



Bioness L300



Cionic Neural Sleeve

Today's tips—



YOUR MS CLINIC

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- Please call Linda at 402-443-4191 ext. 486 with any billing questions rather than calling the third-party biller listed on your statement.
- **Refills** Please contact your pharmacy for refill requests. Refill requests cannot be filled on weekends. Allow 3-5 business days for refill requests. If the pharmacy requests you call us, please leave a detailed message with dose of medication and pharmacy you would like refill sent to.
- **MRIs** will now be completed without contrast unless specifically requested by you or a change in condition has been noted. Don't hesitate to call with questions.
- **Vitamin D Levels** will be drawn in the 2nd half of the year unless you specifically request.
- Please present your **insurance and prescription cards** at each visit, even when there are no changes. Thank you!



- **Save the Date!** Walk MS Nebraska will be May 18, 2024 at Werner Park in Papillion, Neb.
- To contact a nurse for **urgent needs after hours call 402-443-1475.**

• We encourage you to sign up for the SMC **Patient Portal**. This allows easy access to your records and allows you to communicate directly with our nurses.

Go online to [Saundersmedicalcenter.com/portal/](https://saundersmedicalcenter.com/portal/) for details.

Please contact Marcy at 402-443-1421 ext. 376 if you require assistance setting up your account. **Please refrain from emailing the nurses and providers. Using the patient portal or calling the clinic ensures that your concern is addressed in a timely manner.**

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