



## Exercise and Multiple Sclerosis

Guest Editors:

**Prof. Dr. Simona Bonavita**

**Dr. Luigi Lavorgna**

**Dr. Marcello Moccia**

**Dr. Francesco Brigo**

Deadline for manuscript  
submissions:

**closed (28 February 2021)**

### Message from the Guest Editors

As many of you already know, multiple sclerosis (MS) is characterised by physical symptoms such as muscle weakness, gait impairment, balance problems, spasticity and fatigue and mental symptoms such as cognitive impairment and depression.

Due to both physical and mental problems and fearing symptoms exacerbation, people with MS (pwMS) decrease their physical activity; inactivity places pwMS at increased risk of comorbid conditions, thus worsening the disease course. Consequently, reduced physical activity may result in increased disability, worse mobility, worse general health and quality of life. Several studies have demonstrated that both aerobic and endurance/strength exercise can lead to significant and important improvements in different areas of cardiorespiratory fitness, muscle strength, flexibility, stability, tiredness, cognition, quality of life and respiratory function in pwMS. With this Special Issue, we hope to encourage submissions that discuss the current state-of-the-art, address ongoing knowledge gaps and focus on ongoing controversies related to exercise and multiple sclerosis.

We look forward to receiving your submission.





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## Editors-in-Chief

**Prof. Dr. Emmanuel Andrès**

Internal Medicine Department,  
University Hospital Strasbourg,  
67000 Strasbourg, France

**Prof. Dr. Kent Doi**

Department of Acute Care  
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Tokyo, Japan

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*Journal of Clinical Medicine* Editorial  
Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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