Multiple Sclerosis:

Exercise Prescription Articles:


Health Promotion and Wellness Articles:


Patient Advocacy Organizations with Health Promotion and Wellness Resources/Programs

- National Multiple Sclerosis Society [https://www.nationalmssociety.org/Living-Well-With-MS](https://www.nationalmssociety.org/Living-Well-With-MS)

- Multiple Sclerosis Foundation [https://msfocus.org](https://msfocus.org)

- CanDoMS [https://www.cando-ms.org/](https://www.cando-ms.org/)
Parkinson’s Disease:

Exercise Prescription Articles:


Health Promotion and Wellness Articles:


Patient Advocacy Organizations with Health Promotion and Wellness Resources:

- Parkinson’s Foundation booklets on fitness, mood, and sleep: https://www.parkinson.org/pd-library

- Michael J. Fox Foundation (hover over “Understanding Parkinson’s” for information on diet, exercise, sleep, anxiety, and fatigue): https://www.michaeljfox.org/

- American Parkinson’s Disease Association Education and Support Page: https://www.apdaparkinson.org/resources-support/

- Davis Phinney Foundation - Living Well with Parkinson’s Disease (exercise, sleep, etc.): https://www.davisphinneyfoundation.org/living-well/

- Brian Grant Foundation - Training for Exercise Professionals: https://briangrant.org/training-for-professionals/
Traumatic Brain Injury:

Exercise Prescription Articles:


Health Promotion and Wellness Articles:


Patient Advocacy Organizations with Health Promotion and Wellness Resources:

- US Brain Injury Alliance: http://usbia.org/

- Brain Injury Association of America: https://www.biausa.org/
Spinal Cord Injury:

Exercise Prescription Articles:


Health Promotion and Wellness Articles:


Patient Advocacy Organizations with Health Promotion and Wellness Resources:

- NCHPAD: “Life on Wheels: A guide for living a healthy, active life with a spinal cord injury” http://www.nchpad.org/1200/5830/Life-on-Wheels
● Spinal Cord Injury Essentials patient handouts: http://www.spinalcordessentials.ca/handouts/

● Paralyzed Veterans of America - Adapted Sports: https://www.pva.org/adaptive-sports

● Craig H Neilsen Foundation - Psychosocial Research (resource for clinical researchers): http://chnfoundation.org/psychosocial-research/

● Christopher and Dana Reeve Foundation: https://www.christopherreeve.org/living-with-paralysis

● SCI Action Canada Lab: https://sciactioncanada.ok.ubc.ca/resources/proactive-sci-toolkit/
Stroke/ Cerebral Vascular Accident (CVA):

Exercise Prescription Articles:

  https://www.ahajournals.org/doi/10.1161/STROKEAHA.119.026254


  https://www.ncbi.nlm.nih.gov/pubmed/22382170 How to video example:  
  https://www.youtube.com/watch?v=wZe9TJQVc1Q

Health Promotion and Wellness Articles:

  https://www.ahajournals.org/doi/10.1161/STROKEAHA.118.023553

  https://journals.sagepub.com/doi/10.1177/1747493019840930


Patient Advocacy Organizations with Health Promotion and Wellness Resources:

• National Stroke Association http://www.stroke.org/

• Heart and Stroke Foundation of Canada http://www.heartandstroke.ca/heart

• American Heart/Stroke Association http://www.strokeassociation.org/STROKEORG/

• Dr. Janice Eng’s Post-Stroke Community Fitness Program. https://fameexercise.com/
Other Conditions:

Huntington’s Disease

Exercise Prescription Articles:


Patient Advocacy Organizations with Health Promotion and Wellness Resources

- Huntington’s Disease Society of America https://hdsa.org/

Amyotrophic Lateral Sclerosis

Exercise Prescription Articles:


Patient Advocacy Organizations with Health Promotion and Wellness Resources

- Amyotrophic Lateral Sclerosis Association http://www.alsa.org/

- Muscular Dystrophy Association https://www.mda.org/