



Qigong for Multiple Sclerosis: Finding Your Feet Again

Nigel Mills

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This book has been written to help people with Multiple Sclerosis (MS) improve their physical and psychological functioning using the Chinese system of movement and meditation known as Qigong, closely related to Tai Chi. Qigong focuses on the important basic principles of balance, body alignment and energy flow without the need to learn the complex patterns of Tai Chi.

People with MS often experience impaired balance, difficulties in walking, tremor, low energy levels, and anxiety. Qigong can be used to improve their day-to-day wellbeing. The program described in this book was developed in a hospital setting and rigorously evaluated, and is cited by the National Institute of Clinical Excellence. Most of the participants reported specific improvements on many dimensions.

The author provides a step-by-step guide, with photographs and clear text, to show how people with MS can improve their health and quality of life using Qigong. Many of the exercises can be done either seated or standing, and are suitable for anyone, regardless of their level of ability. He explains how to use Qigong to improve balance and walking, and promote healthy breathing and relaxation. He also explores the role of stress in triggering relapses in MS, and an approach designed to help people with MS overcome previous traumatic events, manage stress, and reduce the likelihood of further relapses is included.

This practical book will help people with MS to find achievable ways to improve their lives. It will also be of great interest to carers, teachers of Tai Chi or Qigong, physiotherapists, occupational therapists, nurses and complementary therapists.

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