Exercise

A common question of physicians and patients is the effect of exercise on ALS/MND. There are theoretical reasons to suggest that excess exercise may be deleterious to compromised motor nerves and muscle, but equally there are the normal benefits of exercise on nerve and muscle growth and sustainability (Orrell 2010).

Dalbello and Florence 2013

Despite the high incidence of muscle weakness in individuals with amyotrophic lateral sclerosis (ALS) or motor neuron disease (MND), the effects of exercise in this population are not well understood.

The only studies detected were too small to determine to what extent strengthening exercises for people with ALS are beneficial, or whether exercise is harmful. There is a complete lack of randomised or quasi-randomised clinical trials examining aerobic exercise in this population. More research is needed.