



## DNC Seminar

**"RESISTANCE AND ENDURANCE TRAINING IN HEALTH AND BRAIN DISEASE. EFFECT IN MULTIPLE SCLEROSIS AND CHRONIC STROKE"**

Jean Farup, Ulrik Dalgas, Kåre Severinsen, Henning Andersen

**Wednesday 3<sup>rd</sup> of February, 14.30-15.30**

Palle Juul-Jensen auditorium,  
Building 10G, Århus Sygehus, NBG

### ***SYNOPSIS:***

"In healthy subjects muscle tissues adapt to physical activity. Resistance training results in greater muscle strength and endurance training leads to higher aerobic capacity. In patients with brain disorders it is uncertain whether exercise is beneficial. In multiple sclerosis resistance training of the lower extremities results in improved muscle strength and functional capacity, including stair climbing and walking distance. These effects persist for months after the intervention during self-guided physical activity. In chronic stroke survivors, resistance training results in improved muscle strength and consequently higher walking speed. Endurance training leads to higher aerobic capacity, but without any effects on walking performance or strength. Resistance training is a promising treatment modality for motor dysfunction in patients with chronic or progressive brain disorders."

**ALL ARE WELCOME**

**DNC offers refreshments afterwards**

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