



**RIMS**  
REHABILITATION IN  
MULTIPLE SCLEROSIS  
*European network for  
best practice and research*

**Annual RIMS Conference**  
**Crossing the Interface  
to Explore New Possibilities**  
**June 20 - 22, 2019**  
**Ljubljana, Slovenia**  
[www.rims-annualconference.org/Ljubljana2019](http://www.rims-annualconference.org/Ljubljana2019)

IN PARTNERSHIP WITH  
univerzitetni klinični center ljubljana  
University Medical Centre Ljubljana

Centre for multiple sclerosis,  
Department of Neurology and  
Neurorehabilitation unit,  
Division of Neurology, UMCL

**Name:** Morten Riemenschneider

**Educational background:** Exercise physiologist

**Affiliation:** Department of Public Health (Section for Sport Science), Aarhus University



**Short description of your PhD project and trajectory (max 200 words):**

The objectives of my PhD are to:

- 1) Review the timing of exercise initiation in the existing literature on MS exercise therapy, to substantiate whether there is a lack of early treatment MS exercise studies (hence, an overlooked “window of opportunity” for this research field).
- 2) Conduct a RCT study investigating the effects of aerobic exercise on disease activity and disability progression in patients early in the disease course of MS.

Last year, I presented the data from my review – showing an clearly overlooked “window of opportunity” in MS exercise therapy – and outlined the design of my RCT study.

This year, I will elaborate on my currently ongoing RCT study and present the status of the study as well as some preliminary results.

I want to give a (mark with X):

Presentation (8-10 min. presentation + 5-10 min. feedback from expert panel)