

# Accepted Manuscript

A systematic critical review of physical activity aspects in clinical guidelines for multiple sclerosis

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PII: S2211-0348(18)30258-X  
DOI: <https://doi.org/10.1016/j.msard.2018.07.039>  
Reference: MSARD 914

To appear in: *Multiple Sclerosis and Related Disorders*

Received date: 17 April 2018  
Revised date: 4 July 2018  
Accepted date: 20 July 2018

Please cite this article as: Wolfgang Geidl , Chelsea Gobster , René Streber , Klaus Pfeifer , A systematic critical review of physical activity aspects in clinical guidelines for multiple sclerosis , *Multiple Sclerosis and Related Disorders* (2018), doi: <https://doi.org/10.1016/j.msard.2018.07.039>



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## Highlights

- All three clinical guidelines emphasize the importance of physical activity (especially exercise) for persons with MS
- The clinical Guidelines show moderate to high methodological quality
- The clinical Guidelines hold remarkably diverse distinct physical activity/exercise-related content
- Future guideline development should also include details regarding dose-response relationships, risk and harms, prerequisites for starting moderate to vigorous physical activities, exercise vs. lifestyle physical activity for health, and include recommendations surrounding sedentary behavior.

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