

Accelerated Cure Project for MS

October
2018



Accelerating research towards a cure for multiple sclerosis

iConquerMS™ Spotlight – Step for MS

Exercise is good for your health, in general. [New research](#) shows it may help improve mobility and decrease symptoms in people with MS. [STEP for MS](#) (Supervised versus Telerehab Exercise Program for People with Multiple Sclerosis) is a collaborative effort between seven [research sites](#) in the U.S. and iConquerMS. This four-year study is comparing the outcomes of a 16-week exercise program conducted either at home, or in an exercise facility. A trained instructor will teach 500 participants how to exercise and will provide encouragement throughout the program. The [iConquerMS](#) portal is being used for data collection, and to communicate with participants. The investigators leading STEP for MS hope the evidence generated in the study provides people living with MS information to guide their choice of exercise options. Interested in joining the study? Contact information, as well as criteria for participation, can be found on the STEP for MS [website](#). This study is just one of the many ways iConquerMS is facilitating and accelerating research on topics of importance to people affected by MS.

