

Scenario

Today, Laura has taken a day off to go visit her oldest son together with her husband. He is expecting her in the early afternoon to come view his new house. Because her therapist is often not available in the weekend she took this opportunity to have a meeting in the morning for her training on her motor and cognitive skills.

At 9 am, Laura's husband drives her to the MS center, where they agree to meet again in one and a half hour. When she enters the building, a secretary assistant redirects her to the waiting room. After a few minutes Dr. Peeters, her therapist, arrives and assists her and 4 other patients who are waiting to a private room where they will be performing the exercises.

While they are walking Dr. Peeters uses this opportunity to ask Laura about her experience on the last appointment. She explains how some exercises were particularly hard for her and tells about the exercises she did at home since then. She also mentions the strong exhaustion she has been feeling at her work at moments, which are caused by the disease.

Arriving in the exercise room, Dr. Peeters and an assistant help Laura and the other patients to put on the necessary equipment that will be used to take some measurements during the tasks. Meanwhile, Dr. Peeters starts the exercise software, with which he can manage the different tasks for each patient. Laura's account is one of the accounts he opens.

After testing if the equipment works correctly, a particular series of exercises is chosen from her file, which contain 8 different tasks that Laura will be performing in the next hour.

Laura has to start by walking several meters through the room, while her time is recorded and saved. Now the other exercises start, where she has to answer to questions she hears through the headphones while walking on a treadmill at the same time. She has to answer them on the screen that is placed in front of her. Her first task for example is to listen to a series of numbers and repeat them in the reverse order. After each task, she has to indicate some statistics about how she is feeling and about her experience on the exercise.

Dr. Peeters helps Laura and the other 4 patients while they are performing their tasks, corrects them if they are doing an exercise wrong or helps them if they are stuck or the equipment is not working properly.

When Laura has performed all the exercises, Dr. Peeters asks her to sit down and do them again, but this time without walking at the same time. This is a way for Dr. Peeters to see the difference in her reaction when she is doing a motor task or not.

Laura ends with a final walk exercise after which Dr. Peeters helps her to take off the equipment. After looking together at the results Dr. Peeters gives her some more exercises that she can perform at home. A new appointment is made next week on Thursday in the evening, so she can come after her work.

After saying goodbye, Laura realizes the appointment has taken longer than expected and she hurries to the exit of the building, where her husband is waiting.

Back at home, Laura first puts the exercises that the doctor has given her in her agenda, so she won't forget to perform them. The date of the next appointment is also placed in her agenda.