

TOGETHER IN MOTION

11 June 2026
11:30-15:00

 Ruská 87, Praha 10

Together in Motion is an accompanying event of the international scientific conference Rehabilitation in Multiple Sclerosis 2026, taking place in Prague from 10–13 June 2026.

The event connects the morning programme held at the Department of Rehabilitation Medicine of University Hospital Královské Vinohrady with the afternoon scientific programme at the 3rd Faculty of Medicine of Charles University.

Take this opportunity to meet healthcare professionals, students, people living with multiple sclerosis, as well as their families and friends. Together, we will spend an enjoyable time while also raising awareness about multiple sclerosis, rehabilitation opportunities, and the importance of an active lifestyle.



Physiotherapy

Physiotherapy is a healthcare discipline focused on the assessment, prevention, and treatment of disorders affecting the musculoskeletal and nervous systems, with the goal of restoring or maximizing functional abilities in everyday life. Therapy is based on principles of neuroplasticity, motor learning, and sensorimotor integration, with strong emphasis on the active involvement of the client.

The physiotherapy section will present the benefits of Nordic walking for people with multiple sclerosis, including the opportunity for participants to try this activity themselves.

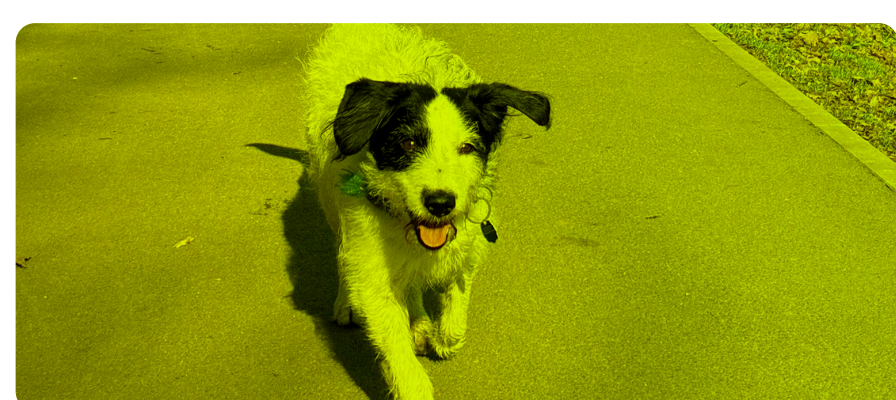
It will also introduce comprehensive rehabilitation approaches developed through long-term clinical and research experience in physiotherapy for people with multiple sclerosis, including the use of functional electrical stimulation and interventions aimed at supporting neuroplasticity and functional recovery.

Occupational Therapy

Occupational therapy aims to support the highest possible level of independence. Therapy focuses on training activities of daily living such as dressing, eating, and personal hygiene, as well as improving fine motor skills, cognitive functions, and selecting appropriate assistive devices. Occupational therapy is based on close cooperation with the client and finding practical solutions for everyday life.

Visitors will be able to try assistive devices for activities of daily living (ADL), such as sock aids and extended hygiene tools, and participate in activities aimed at improving fine motor skills.

The programme will also present strategies for managing environmental barriers encountered by wheelchair users and approaches supporting independence in daily life.



Animal-Assisted Therapy

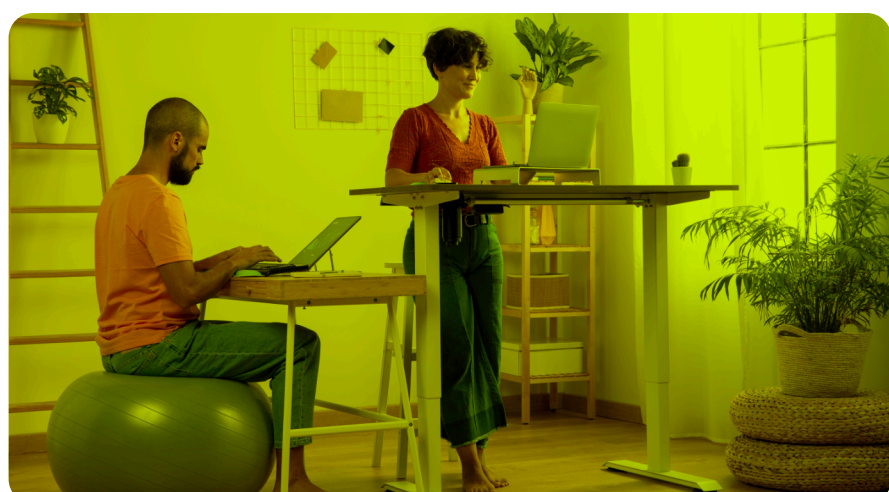
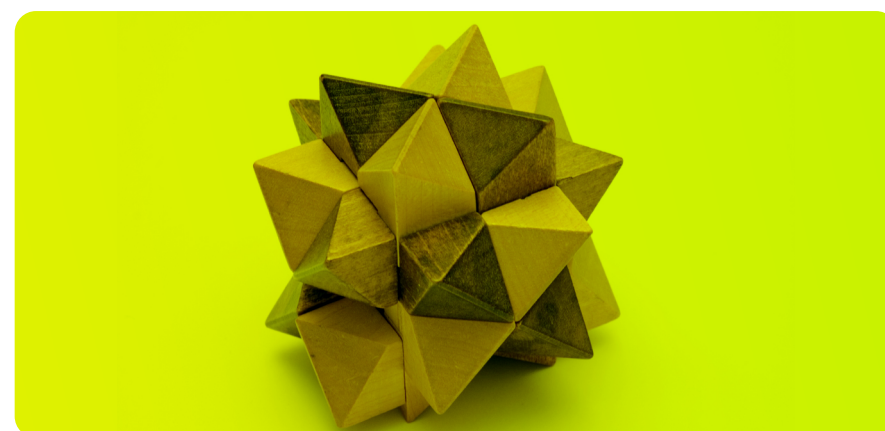
Animal-assisted therapy is a gentle yet effective method supporting stress reduction, development of cognitive and motor functions, and enhancement of social interaction.

The programme will present examples of animal-assisted therapy and its use in rehabilitation and support of everyday life, including activities focused on communication, motivation, emotional well-being, and safe interaction with dogs.

Cognitive Training

Cognitive training is a targeted form of stimulation of mental functions needed for everyday functioning. It focuses primarily on memory, attention, concentration, processing speed, planning, and problem-solving abilities. In rehabilitation practice, it is used to maintain or improve these abilities and support their use in daily life.

Visitors will have the opportunity to try memory-training activities and cognitive exercises through engaging and interactive tasks inspired by rehabilitation practice in people with multiple sclerosis.



Ergonomics

Ergonomics focuses on adapting work environments, tools, and work organization to people in order to ensure safety, efficiency, and minimal strain on the musculoskeletal and nervous systems.

The ergonomics section will present projects focused on accessibility and barrier-free environments as well as prevention of musculoskeletal disorders in everyday and working life.

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CITAK – Centre for Information Technologies and Alternative Communication

The project of Domov svatého Josefa supports people with multiple sclerosis whose mobility or communication abilities have been significantly affected by the disease, helping them regain greater independence and connection with the world.

A multidisciplinary team consisting of IT specialists, social workers, and speech therapists works together with clients to identify communication difficulties, create individualized plans, and select suitable assistive communication devices adapted to each person's abilities, including control using the mouth, voice, head movement, or eye movement.

The project significantly improves communication skills and the ability to use computers and other technologies, supports return to employment, and strengthens self-confidence and social inclusion.



Creative Activities

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Visitors will have the opportunity to try memory-training activities and cognitive exercises through engaging and interactive tasks inspired by rehabilitation practice in people with multiple sclerosis.

Sports Activities

The sports section will present activities such as handbike, monoski, wheelchair dance, and dance-movement therapy for people with multiple sclerosis and other neurological conditions.

As part of the welcome event at the Karolinum, visitors will also have the opportunity to experience performances including Dancing Wheels and Para Dance Performance.



Acknowledgements

We would like to thank all organizations participating in the Together in Motion project.

3rd Faculty of Medicine, Charles University

The faculty has long been developing modern education, international collaboration, and research in biomedical and clinical sciences.

University Hospital Královské Vinohrady

A highly specialized healthcare institution providing a broad spectrum of medical care, including traumatology, cardiology, cardiac surgery, and comprehensive oncology care.

Rehafit o.p.s.

An outpatient rehabilitation centre in Prague for people with physical disabilities, focusing primarily on physiotherapy and occupational therapy.

Prague Wheelchair Sports Club

The club supports sports activities for people with physical disabilities and promotes an active and meaningful lifestyle.

Roska Praha

Provides social rehabilitation, counselling, and support for people living with multiple sclerosis.

Domov svatého Josefa

A non-governmental non-profit organization focused primarily on care for people with multiple sclerosis and other neurological conditions.

CEROS

A public-benefit organization supporting modern approaches in neurorehabilitation, research, and professional education.

PRO tělo v rovnováze

An organization focused on comprehensive rehabilitation, access to quality therapy, and self-care education.

RehaKost

Focused on prevention of musculoskeletal disorders and ergonomics.

MONETA Clementia Foundation

Supports people in difficult life situations, students, non-profit organizations, and projects aimed at improving quality of life and education.



Third Faculty
of Medicine
Charles University

