

Physical activity and physical training of low to medium intensity is recommended, while physical activity of high intensity should be avoided in patients with MG because it increases muscular weakness[13].ptosis or diplopia) during exercise General aerobic exercise is also valuable, helping with respiratory function as well stamina. Individuals with MG should strive to strike a balance between physical activity and rest, finding the right level of each to optimise their health. It is not possible to cure the weakness by active physical training.