

How Hydrotherapy helped me

“As a lover of being in the water, the experience of using the hydrotherapy pool has been exhilarating for me; having physiotherapy in water is very beneficial as the water helps to support the body's weight allowing me to move in a way that can be more difficult on land. Although I leave the pool feeling shattered, with the help of Claire the therapist I am finding the treatment is making a huge difference to me both physically and mentally.

The wonderful therapists coupled with the brand new facilities at the Centre makes the whole experience really positive and I am most grateful to all concerned.

Brian Baker, KMSTC Member



About us

The Kent Multiple Sclerosis Therapy Centre is an independent local charity.

We provide a wide range of information, support and therapies aimed at improving symptom management and quality of life for people with MS and their carers throughout South and East Kent and the surrounding areas.

Our core therapies include: Physiotherapy, Gym and Group Exercise, Hydrotherapy, Hyperbaric Oxygen Therapy, Counselling and Nutritional Advice.

Within our brand new purpose-built centre we also offer a much wider range of complementary therapies such as Yoga, Reflexology, Indian Head Massage, Body Massage, Hot Stones Massage, Hand Massage, Acupuncture, Hypnotherapy and Facial Reflexology.

Kent MS Therapy Centre

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Hydrotherapy & MS

www.kentmstc.org



What is Hydrotherapy?

Hydrotherapy is a form of relaxing exercise that takes place in a warm water pool. This can particularly help people living with conditions like MS by improving function and giving a sense of well being.

The warm water stabilises and supports your bodyweight giving you greater freedom of movement. This means a Physiotherapist can target specific parts of your body more effectively.

The density of the water can also provide a natural resistance and be used as a gentle way of strengthening your musculature.

About the treatment

Our brand new state-of-the-art Hydrotherapy pool is fully wheelchair-friendly and for those who find steps a challenge a chair hoist is available to help you get in and out of the water safely.



Hydrotherapy and MS

Hydrotherapy can bring many benefits for people with MS, including:

- Pain relief
- Improved mobility
- Smoother and more controlled movements
- Improvements in balance and co-ordination
- Improved posture and walking
- Strengthened muscles
- Making limbs feel lighter
- Reduced swelling

In addition, the relaxing nature of the treatment can work to relieve stress.

