



Hydrotherapy for People with MS

What is hydrotherapy?

Hydrotherapy is a form of relaxing exercise in a warm water pool that can particularly help people living with conditions like MS.

The warm water stabilises and supports your bodyweight, provides your limbs with resistance and gives you greater freedom of movement. This means a physiotherapist can target specific parts of your body more effectively.

How can hydrotherapy help people with MS?

Some of the benefits of hydrotherapy for people with multiple sclerosis include:

- Temporary pain relief
 - Better mobility
- More fluidity and control over movements
- Better balance and eye co-ordination
 - Improved posture and walking
 - Strengthening weakened muscles
- Making limbs feel lighter and easing swelling

Our hydrotherapy pool is fully wheelchair-friendly, with a hoist to help you get in and out of the water safely.

A Contribution of £12 per session is requested

For more information contact the Centre on 01227 470876

Email: reception.kmstc@gmail.com

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