

## How Physiotherapy has helped me

“ I think Physio is an absolute must for people with MS, even those who are newly diagnosed. I've been having it regularly since I was diagnosed and don't ever intend to stop having it. Some years ago I was left completely immobile by a serious illness, with the help of the Physiotherapist my mobility was greatly improved to a level that I never thought I could ever achieve again. Physio leaves me feeling more supple and my limbs move so much more freely afterwards. My core strength has greatly improved and this makes all activities of daily living a lot easier for me

Sheila Steinberg, 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

Bradbury House  
Merton Lane North  
Canterbury  
Kent CT4 7AZ

Phone: 01227 470876  
Email: [info@kentmstc.org](mailto:info@kentmstc.org)

Registered Charity No. 801382

 [www.facebook.com/  
KentMSTherapyCentre](https://www.facebook.com/KentMSTherapyCentre)

 [twitter.com/KentMSTC](https://twitter.com/KentMSTC)

[www.kentmstc.org](http://www.kentmstc.org)



## Physiotherapy

[www.kentmstc.org](http://www.kentmstc.org)



## What is Physiotherapy?

Physiotherapy has a vital role to play in the management of MS. The Physiotherapists at the Kent MS Therapy Centre are specialist clinicians with many years of experience in the treatment of neurological conditions including the management of MS.

Treatment can be through a range of interventions and you may find more than one approach is useful in helping you to learn how to manage your MS.

We have the advantage of being able to offer good continuity of care, as our physiotherapists are at the centre every day.

We have a range of facilities and services for individual sessions.

These include :

- One-to-one sessions with a Physiotherapist for assessment, advice and treatment
- Gym facilities to carry out an exercise programme specific to your objectives
- Hydrotherapy to enable relaxing exercise in warm water
- Exercise classes for every level of ability

## About the treatment

Everyone presents with a unique set of symptoms and impairments so we carry out a full assessment to determine the main problems before planning an appropriate treatment programme.

Physiotherapy's principle aims are to:

- Improve your movement, strength and co-ordination
- Reduce spasticity and muscle stiffness allowing you greater freedom of movement
- Improve and maintain your daily functional abilities like transferring, standing and walking



## Physiotherapy and MS

There is strong evidence that exercise used as part of a rehabilitation programme can increase activity and improve the health and well-being of people with MS.

Physiotherapy plays an integral part in helping you manage your symptoms and minimise their impact on your life.

Results from clinical trials of exercise programmes have shown benefits in muscle strengthening, cardiovascular fitness, activity levels, and functional improvements such as walking. Exercise is also highly valued by our members who also report important subjective improvements in mood and quality of life.

- Increase awareness of good postural management and body alignment
- Maintain and encouraging weight bearing
- Improve your fitness, self-image and well-being

Treatment sessions are usually 45 minutes long but need to be tailored to suit your abilities. You will need a full assessment with one of our Physiotherapists and any therapy recommendations will be discussed with you before you commence treatment.

