

## Physio Outreach

### What?

One of our physiotherapists can visit you in your own home and carry out an assessment there.



### This is for you if...

- You would like physiotherapy and find it difficult, or are unable to attend the centre.
- You would like some advice on exercises or equipment you can use at home.
- There are some particular difficulties you are having in moving around your home environment.
- This can complement a programme or class you carry out at the centre.

### When?

Appointments are arranged on an individual basis. To discuss this, please speak to Gillian or Manolis.

## How to Book

Classes are run in 6-week blocks so we ask clients to book them as such.

You can book in 3 ways;

- ♦ Call us on **0131 554 5384**
- ♦ **physio@mstc-lothian.org.uk**
- ♦ Speak to a member of staff when you are in the centre.

\*Before starting any classes you must have been assessed by one of our physiotherapists

## Contributions and Charges

The MS Therapy Centre operates a contribution based system;

We rely on contributions to meet the cost of providing our services for physiotherapy we suggest an amount in the region of £13. Acupuncture is provided for a fee of £20 per session. Group classes cost £24 per block of six. Your support is appreciated.



**MS Therapy Centre is supported by**



# Physiotherapy Services

**Individual physio assessment and treatment**

**Stretching class**

**Seated exercise class**

**Standing balance class**

**Circuit class**

**Acupuncture**

## Individual Physiotherapy

### What?

A 45 minute appointment with one of our specialist neuro-physiotherapists.

### This is for you if...

- You require assessment for a particular physical problem, such as pain, movement difficulties, stiffness, mobility problems or balance problems.
- You require a review, including advice on the exercises that will best suit you.
- You or your carer would like advice on how to best support you.
- You are interested in joining an exercise class.
- You would like assessment for Functional Electrical Stimulation (FES).

### When?

Mon - Fri from 9.30am. Please call to find a time to suit you.

Home, evening and weekend appointments may also be available upon request.

## Standing Exercise Class

### What?

A therapist led class including general strength, flexibility and balance exercises.

### This is for you if...

You are able to walk independently, or with minimal support of an aid, and would like to improve your balance.

### When?

Mon 10.30-11.30. Wed 10.30-11.30.

## Seated Exercise Class

### What?

A therapist led exercise class aimed at improving or maintaining the strength of those who are mainly wheelchair users. Depending upon your own abilities, this can include some opportunities for standing activities

### This is for you if...

You have difficulty walking or are unable to walk and you are interested in maintaining or improving your current strength and function. Some standing activities may be included.

### When?

Tuesday 11:30—12:30  
Friday 13.00-14.00

## Circuit Class

### What?

An opportunity for you to carry out an individual exercise circuit with supervision from our physiotherapy team.

### This is for you if...

You are able to carry out a programme independently or with minimal assistance, using the equipment in the centre.

### When?

Mon 13:00-14:00

## Acupuncture

### What?

The insertion of fine needles into specific points in the body to treat certain problems and improve health and well being.

### This is for you if...

You experience any of the many symptoms associated with MS such as pain, fatigue, insomnia, anxiety, spasticity, bladder problems.

### When?

By appointment. To discuss this treatment option further before making an appointment, ask to speak to Gillian.