

The Berkshire MS Therapy Centre

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

The Centre provides a wide range of information, support and therapies, aimed at improving symptom management and quality of life to people with MS and their carers, throughout Berkshire and the surrounding areas.

Our core therapies include:

- Physiotherapy
- Counselling
- Yoga
- Oxygen Therapy

With our purpose built Centre, we also offer a much wider range of complementary therapies such as:

- Massage Therapy
- Spinal Reflexology
- Chiropody
- Acupuncture
- Acupressure
- Reiki
- Reflexology



Berkshire Multiple Sclerosis Therapy Centre

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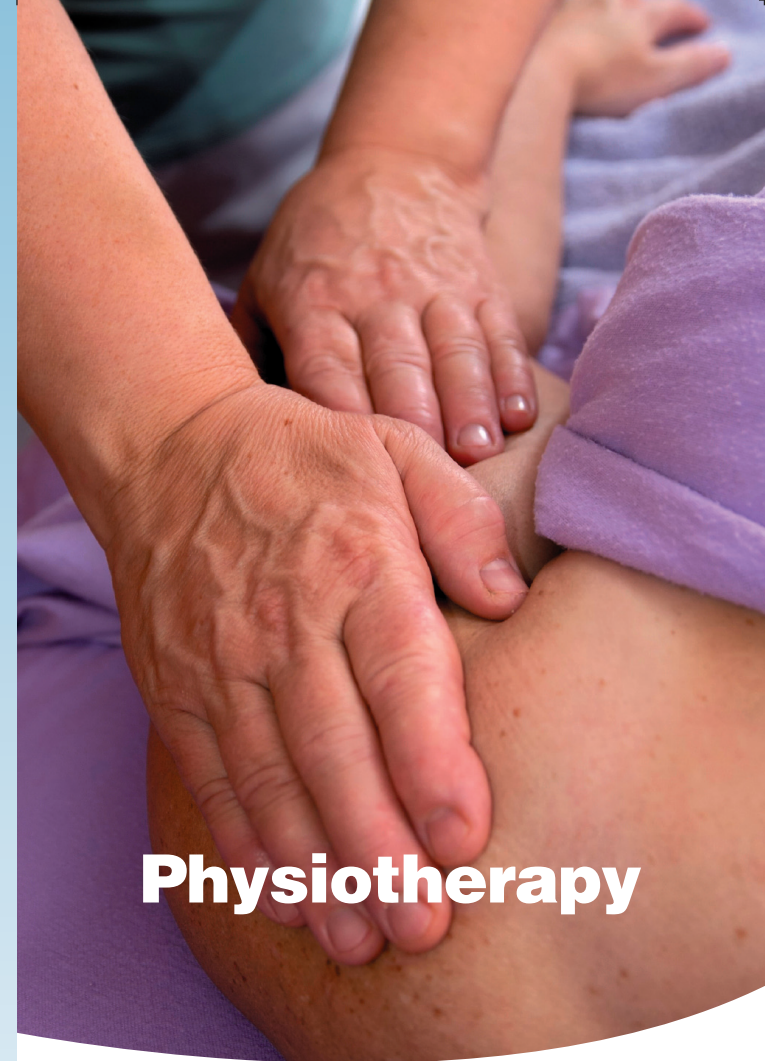
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Charity No. 800419



Physiotherapy

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Physiotherapy has a vital role to play in the management of MS symptoms. All of the Physiotherapists at the Berkshire MS Therapy Centre are neurophysios who have specialised in the treatment of MS.

Every person presents with differing symptoms so we do a full and accurate assessment to determine the main problems before we plan an appropriate treatment regime. We feel that early referrals are beneficial as specific preventative exercise routines can be started as well as planning longer term goals.

You and your Physiotherapy

Members are actively involved in the planning of goals. Exercise regimes enable them to take responsibility for their treatment and therefore to regain some control over the symptoms. They are able to monitor their progress and use the improvements in functional everyday activities. We have the advantage of being able to offer good continuity of care with our team of physio helpers.

The aims of Physiotherapy

Physiotherapy looks at the presenting problems, so our primary aims may include:

- **Maintain or increase the range of movement**
- **Maintain or improve muscle strength and muscle balance**
- **Encourage correct posture**
- **Prevent secondary complications**
- **Maintain and encourage weight-bearing**
- **Improve gait pattern & function**
- **Maintain functional independence**
- **Improve self image**

We have a wide range of equipment, classes, individual sessions, circuits and standing routines. The classes offer the discipline or regular exercise as well as the sociability of group work. We also have some one to one sessions. There is something for everyone whatever their level of ability.

For more information on Physiotherapy at the Centre, or to arrange an assessment,

Contact us on:

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