



Physiotherapy

Physiotherapy uses exercises, movements and massage to help relieve pain, alleviate muscle spasm, improve and maintain joint mobility, improve circulation and maintain normal patterns of movement and fitness.

Physiotherapy classes include exercise, advice, the use of exercise equipment and the learning of relaxation techniques. They also provide the opportunity to socialise and enjoy the company of others. Classes are tailored to suit the needs of the individuals.

At The South West MS Centre we have cutting edge physiotherapy equipment:

IMF – Intention Myofeedback Therapy

IMF is a new and proven non-invasive method of recovering lost movement following a stroke, head injury, MS and spinal cord damage. IMF uses visualisation to re-educate movement. It can help people get some use back of their limbs after they have been out of use for a while – such as in some cases of MS.

Balance Master

Clinical trials prove that when used regularly the Balance Master significantly improves lower limb strength and power, balance confidence which contributes to better stability and mobility. This machine is used by several top football clubs to improve ankle stability as well as in rehabilitation centres for neuropathy, diabetes, ankle and lower leg swelling. It is also used for stroke rehabilitation.

Vibrogym

Training on the Vibrogym allows patients with MS to activate their muscles. It can improve balance, joint stability, muscular strength and endurance. It reduces pain and increases lymphatic drainage all of which will help improve the quality of life. It can improve circulation to the feet in only 30 seconds and works the muscles so vigorously that a 12 minute workout is equivalent to a one hour work out in the gym.



The South West Multiple Sclerosis Centre
West Grange, Clyst Heath, Exeter EX2 7EY

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to come and visit us please call:*

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Complimentary Therapies

Massage and Indian Head Massage

Massage improves the overall health of the body by reducing aches and pains, improving mobility, releasing tension, calming, relaxing and promoting sleep.

Reflexology

Using the meridian lines in the body that link vital organs and the nervous system, reflexology accesses physical, mental and emotional blockages relieving pain and generating a feeling of well being.

Yoga

Yoga aims to address physical and structural changes in muscle tone, joint stiffness, mobility, balance and body awareness. It improves energy levels, stamina and general well-being.

Also available at the Centre:

Acupuncture
Allergy Testing
Aromatherapy
Bowen Technique
Counselling
Hypnotherapy
McTimoney Chiropractic

T'ai Chi

Simple, easy to learn and enjoyable exercises presented in an encouraging, relaxed way. T'ai Chi can be immediately effective and richly transformational.

Energy Psychology

Releases emotional trauma or imbalances enabling you to reach your full potential in a way that is right and natural.



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Oxygen Therapy

Oxygen is the healing element in the atmosphere. It is essential to the health of every one of the tissues in the body. Any tissue injury requires oxygen for healing.

Evidence from controlled trials carried out by The Multiple Sclerosis National Therapy Centres shows that the use of high dosage oxygen therapy for Multiple Sclerosis is beneficial. The process by which damage to the nervous system is caused cannot be prevented but giving the body additional oxygen increases its ability to heal and can limit some of the damage caused by the disease. Early and on-going oxygen therapy may prevent the tissue damage that eventually leads to scar formation. Studies show that in patients with established sclerosis regular treatment can limit inflammation and may reduce the progression of the disease.

High Dosage Oxygen Therapy can help many other conditions. It is especially beneficial for the healing of bone and soft tissue injuries, particularly burns.

Oxygen Therapy Facilities

The South West MS Centre has two high dosage oxygen chambers, fully maintained to Healthcare Commission standards and operated by fully trained and qualified members of staff. Pure oxygen is breathed by face mask whilst sitting inside the chamber under pressure. The initial course of treatment is 15 sessions over a three week period. Each session lasts 60 minutes. Continuing weekly treatments are recommended as an essential follow up programme

All Welcome

The facilities are open to everyone, not just those with MS. However we do need to inform your doctor of your intention to attend the Centre.



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