



PHYSIOTHERAPY AND MULTIPLE SCLEROSIS

There are 13 Multiple Sclerosis Therapy Centres throughout Scotland. These Centres were set up to give help and support to people with MS and also their families and carers. They also provide various therapies that help to improve the quality of life for the person with MS and one of the main therapies for people attending Inverness & District MS Therapy Centre is Physiotherapy.

Both research and a wealth of user experience show that physiotherapy has a vital role in containing the effects of MS. The Centre in Inverness employs three professionally qualified therapists who specialise in the treatment of MS and who provide both group and individual treatments.

When starting physiotherapy with us, each person is assessed in order to find their individual areas of difficulty. The person's progress can then be monitored and his/her programme adjusted to suit any changes in condition as soon as they become detected. Exercise is not always easy for the person with MS, but people are only asked to do what they are capable of and what is appropriate for their MS.

For a person with MS, regular physiotherapy helps most people to maintain a disciplined approach to regular exercise and turns this essential effort into an enjoyable social occasion.

The importance of physiotherapy is:

- To improve and maintain joint mobility.
- Improve and maintain balance and co-ordination.
- Reduce muscle spasms.
- Maintain general fitness.
- Maintain normal patterns of movement.
- To advise on the use of walking aids.

The Physiotherapist can also:-

- Liaise with Community Health Care as appropriate.
- Provide a link with other Health Care Professionals.



MASSAGE

The art of Massage has been used for centuries, particularly in Eastern Culture. It is one of the oldest and simplest forms of treatment and is now recognised as an effective method of relieving muscle tension, reducing stress and promoting relaxation.

Massage works on all levels, mental, emotional, spiritual, as well as physical, to bring harmony and balance to all the body's systems, thereby encouraging a general feeling of wellbeing.

Benefits of a treatment:

- Reduces muscular aches and pains
- Improves joint mobility
- Helps to eliminate toxins
- Boosts immune system
- Eases Stress
- Reduces Anxiety
- Restores "Feel Good Factor"

Massage techniques can calm and stimulate according to the needs of the body without harmful side effects.

Our two qualified therapists are available for appointments in both therapies. Appointments can be arranged via the office.

REFLEXOLOGY

Reflexology is another ancient art. From ancient texts we know that the early Chinese, Japanese, Indians and Egyptians worked on the feet to promote good health. Today many of these same techniques have been developed into a modern scientific method called Reflexology. What joins the ancient with the modern is the long established principle that there are energy zones that run throughout the body and reflex areas in the feet that correspond to all the major organs, glands and body parts.

A reflexology treatment has many benefits:

- Reduces stress
- Induces deep relaxation
- Improves Circulation
- Cleanses body of toxins and impurities
- Balances the whole system
- Revitalises energy
- Boosts immune system

Reflexology is a healing art which works on all levels, mind, body, spirit and emotion. Reflexology produces dynamic healing and relaxation in all parts of the body.

