



MULTIPLE SCLEROSIS

What is Multiple Sclerosis?

Multiple sclerosis (MS) is a chronic, inflammatory condition that affects your brain and spinal cord of the Central Nervous System. In MS, the coating that protects your nerves, called myelin is damaged. There are 3 types of MS

- Relapsing Remitting MS (Common)
- Secondary Progressive (SPSM)
- Primary Progressive

How can we help?

Our Neurological Physiotherapists will combine movement-based training to maintain and learn new ways to move that can help with walking, balance and other important movements. Whenever possible we compliment this training with home exercises that build progressive strength and cardiovascular fitness.

Much of our research at ANR has examined the important links between fatigue, balance and walking, and to find ways to best design long term exercise strategies to stay as active and mobile as possible.



Services

- 1:1 Consultation with a physiotherapist.
- Multiple Sclerosis **Fightback** programs is an addition to our comprehensive service that combines movement-based training, especially for gait & balance, progressive strengthening and cardiovascular fitness. While we know that these programs are good for your health, their aim is also to improve confidence and quality of life.
- Hydrotherapy