



01235 832023

www.omstc.org

MS
therapy centre
oxfordshire

For many people with MS, treatments such as Oxygen, Physiotherapy, Osteopathy and Massage play a key role in managing the condition.

That's why we're here.

We are an independent local charity. We welcome people of all ages who have MS or other conditions.

Once you are a member (there is a small voluntary annual subscription), you have access to all the facilities at the centre.

How you can help.

As a charity, we welcome support of any kind. We don't receive any government funding, so your support is crucial!

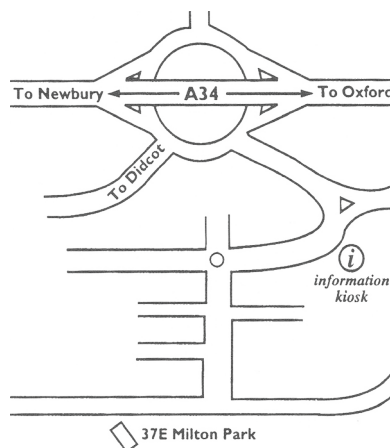
If you have some time to spare, can help with fundraising, or would like to donate, please get in touch!

Call us today on **01235 832023** to find out more.

"I have had slow progressive MS for about 25 years, and had found that the problems with my gait led to increasing backache. A mixture of physiotherapy, osteopathy and massage has worked wonders for my aches and pains. I really should have visited the centre a long time ago! Thanks to everyone for making me so welcome."

Jon, a new member.

The MS Therapy Centre (Oxford) Ltd
37e, Innovation Drive, Milton Park,
Abingdon, Oxfordshire, OX14 4RT



How to find us

From A34, Milton Interchange (signposted Didcot), follow signposts for Milton Park.

After entering Milton Park on Park Drive, you will pass an information kiosk on your left.

Take the first exit at the next roundabout into Western Avenue.

Follow this road to the T-junction at the end. Turn right into Innovation Drive.

You will see the Therapy Centre approx. 100 yards ahead of you on the left (37e).

therapy, information & support
for people with Multiple Sclerosis

Milton Park • 01235 832023 • www.omstc.org



Oxygen • Physiotherapy • Osteopathy • Massage
Reflexology • Acupuncture • Foot Health

MSD...

Treatments available for carers and those with
other conditions.

Find out more and join us today

Call **01235 832023** or visit www.omstc.org

MS Therapy Centre (Oxford)
Registered Charity No.: 900278
Company No.: 2318549

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There is currently no cure for Multiple Sclerosis, but each of the therapies on offer at the Centre is known to help relieve the symptoms of MS in some way.

PHYSIOTHERAPY



Physiotherapy can teach how to control and coordinate movement, reduce spasticity and help to regain functional abilities. Programmes are tailored to each individual.

OSTEOPATHY



Osteopathy helps to free up restricted joints and muscle, and can address postural issues that put repeated pressure on arms and shoulders.

MASSAGE



Massage helps to improve circulation, relax tense muscles and is an excellent way to unwind and help to restore a sense of well being and balance.

REFLEXOLOGY



Reflexology can promote relaxation, improve circulation, reduce pain, soothe tired feet and encourage overall well-being. Many people feel calm and relaxed after treatment, or even sleepy!

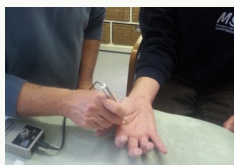
OXYGEN THERAPY



Oxygen Treatment is a simple, non-invasive and painless treatment that has been used to treat the symptoms of MS and other conditions such as sports injuries, leg ulcers, strokes, and following cancer therapies for many years.

The treatment involves breathing pure oxygen at pressure in a barochamber. The chamber at the Centre can accommodate 6 people and is fully tested, maintained and insured.

ACUPUNCTURE



Acupuncture involves small needles being inserted into points on the body.

It can help with pain relief and other issues such as bladder control, shaking and fatigue.

FOOT HEALTH



Our foot health practitioner provides routine foot care, helping to relieve pain and treat a variety of conditions, such as corns, calluses and fungal infections.

All therapies are provided by fully qualified professionals.

GYM

Launched in 2014, our gym includes:

- MOTomed. Providing leg and arm/upper body training to promote walking ability, reduce spasticity, improve strength, circulation, joint stiffness, loss of muscle mass, digestive and bladder problems, etc.
- Balance Trainer. Members with partially or entirely limited standing abilities are able to stand safely. This allows muscles to be stretched and weight bearing through the lower limbs to be carried out. At the same time members can work on balance activities while safely supported.

Also available in the gym are:

- Parallel bars
- Wall fixed bars
- Theraband
- Gym Balls
- Exercise mat for floor work



BOOK YOUR INDUCTION NOW!

"I forget about MS during the hour & find the treatment very relaxing. I find the centre very caring, friendly & enjoy the great atmosphere created by the team..." **Roger**

"My wife has been coming to the centre for nearly 17 years. I have always found the atmosphere warm, welcoming, happy and very, very friendly." **Christopher**

Find out more and join us today

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