



01235 832023

[www.omstc.org](http://www.omstc.org)

**MS**  
therapy centre  
oxfordshire

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

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, we always need more volunteer oxygen operators. Full training is provided. Or could you help with fundraising, or at an event, or have a cake sale yourself?

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 centre has had a positive effect on my mental health. The atmosphere is friendly and relaxing. **Terry** ”*

### 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](http://www.omstc.org)



Oxygen Therapy • Physiotherapy • Massage  
Reflexology • Acupuncture • Foot Health • Gym  
Manual Therapist Trained in Osteopathic Technique

*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](http://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.

## MANUAL THERAPIST TRAINED IN OSTEOPATHIC TECHNIQUE



Our manual therapist helps to free up restricted joints and muscles, and addresses 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!

## 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.

## 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.

## GYM

Our gym includes:

### MOTomed and TheraTrainer

- Enables people to exercise their legs or upperbody with or without motorised assistance from their chair or wheelchair. It gently encourages mobility.
- Promote walking ability, reduce spasticity, improve strength, circulation, joint stiffness, loss of muscle mass, digestive and bladder problems, etc.
- 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.

Induction necessary.

Membership of centre includes use of gym.



**BOOK YOUR INDUCTION NOW!**

## OXYGEN THERAPY

Oxygen therapy is a simple, non-invasive and painless treatment that has been used to treat the symptoms of MS and other conditions, such as, sports injury, diabetic ulcers, radiation burns (following radiotherapy), fibromyalgia, Chronic Fatigue Syndrome (CFS), strokes and more.

Breathing in 100% (pure) oxygen under increased pressure, allows extra oxygen to be taken up by the bloodstream. This extra oxygen may help where healing is slowed down by infection or where blood supply is limited to the tissues.

Oxygen Therapy is incredibly safe. With over 3 million sessions completed without a serious incident MS Therapy Centres were deregulated by an Act of Parliament in 2008.

Oxygen is delivered by a mask in a sealed room, known as a barochamber that accommodates 6 people. Each session lasts around 90 minutes (you should allow 2 hrs). The chamber is fully tested, maintained and serviced and run by fully trained volunteers.



“ The centre is always welcoming and full of smiley, friendly faces. Oxygen therapy has hugely helped me manage my cancer treatment. I've made friends for life!

Claire ”

All therapies are provided by fully qualified professionals.