

We also advise that you join your local MS society. They provide information and support, fund research, give grants, campaign for change, invest in MS specialists and lend a listening ear to those who need it. Some of our patients may be able to access transport to sessions from the society.

Tel: 08456037882 Email: [MSTunbridgeWells@aol.com](mailto:MSTunbridgeWells@aol.com)

Web: [www.mssociety.org.uk/tunbridge-wells-and-district-branch](http://www.mssociety.org.uk/tunbridge-wells-and-district-branch)  
or visit us on facebook

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## Burrswood Multiple Sclerosis Service



**A Patient Information Leaflet**



**University of Brighton**

Welcome to Burrswood Multiple Sclerosis Service. The aim of the service is to provide expert physiotherapy for those with a diagnosis of MS to work on their individual needs. This service was established in 2010 and the data collected shows that overall patients experienced an improvement in fatigue, health related quality of life, balance and gait. Of those who completed the course 84% felt motivated to continue exercising and 74% chose to do so at Burrswood. You will be offered a block of eight sessions, starting with an assessment and ending with an assessment. The physiotherapists will use their expertise to provide a program to help you. Treatment sessions can be delivered on land or the hydrotherapy pool dependant on your preference and your physiotherapist will also help to guide you.

**Burrswood has recently won a QuDos in MS award for their research into the benefits of hydrotherapy for those with MS. The research showed proven outcomes from an “innovative and excellent service” – see our website for more details.**

## FAQs

### How is this service paid for?

This service is kindly funded by Dr Saldanha through his trust fund at The Tunbridge Wells Hospital at Pembury, the Tunbridge Wells and district branch of the MS society and the remaining contribution of £8.50 per session is made by the patient.



### What should I expect?

On the day of your assessment expect to be with the physiotherapist for up to one hour. They will discuss your symptoms and complete a physical assessment. Wear something comfortable that gives you room to move. Together with the physiotherapist you will decide on goals for treatment. You will also be asked if you consent to some information collected being anonymously used by the University of Brighton to help further research into MS. This is optional and involves completing a questionnaire.

### What will physiotherapy be able to help me with?

Your program will be individualised to suit your needs but common issues include muscle weakness, fatigue, balance and gait alterations but vary greatly from person to person

### What happens when I finish the sessions?

Options include joining a land or pool group, taking an exercise program home, self-funding one to one physiotherapy sessions at a discounted rate or with a physiotherapy assistant or using the pool as a remedial user (independent sessions with exercises provided) .

### Will I need to be referred in the future?

After six months from the end of treatment you may be recalled for a further set of treatments, however under special circumstances this can be brought forward. You will not need to be referred again. If you have any further questions please call the department and one of the team would be happy to speak to you.

### Patient Quotes:

*“They gave me back the confidence in the water I had lost years ago”*

*“My balance has really improved and I’m going to keep it that way”*