



Neuro Physio

A service provided by MS Queensland

Neurological physiotherapy
designed to suit you.

For anyone living with MS or another
progressive neurological disease.

No referral required.

1800 177 591

msqld.org.au



MS Queensland

MS Queensland is an NDIS registered provider



Why NeuroPhysio?

Neurological physiotherapists specialise in preventative techniques and physical conditioning training for long term management of MS and other progressive neurological diseases.

These include Huntington's disease, motor neurone disease, multiple sclerosis, Parkinson's disease, and others.

Where to find us

You can access *NeuroPhysio* in your local area. We spend time in regional communities across Queensland as well as at our established clinics in south-east Queensland.

Find your nearest clinic on our website **msqld.org.au**



MS Queensland

Here for you

Personalised treatment will improve your physical capability to engage in everyday life.

It can help with symptoms including:

- balance and mobility problems
- fatigue
- spasticity and spasms
- muscle weakness
- cardiorespiratory fitness
- ataxia
- confidence with participating in activities
- pain related to your condition
- trouble moving the body in everyday activities

Group programs

Specialised group programs incorporate supervised clinical exercise programs, training in self-management techniques or a combination of these. They are fun, gentle, motivating and friendly. Typical programs include:

- o balance and mobility
- o core stability
- o chair-based exercise
- o structured physical activity classes such as yoga, tai chi and others

Find out what's on and where on our website msqld.org.au

Your experience

Your initial consultation involves extensive and detailed assessment, discussing your capabilities, challenges and concerns about your condition.

Subsequent consultations work on your individual needs to improve your physical outcomes.

You may have one or multiple appointments depending on your needs.



A personalised holistic therapy and exercise routine may be planned and provided to improve your physical capacity. This could be home-based, clinic-based, or a combination.

Your carers or support people can also access advice on how to best assist you in a physically safe manner.

Our focus is on achieving the best outcomes for you, building a relationship with you for the long term.

5 reasons to choose us



We're part of **MS Queensland**, the leading non-profit organisation supporting people with MS (multiple sclerosis) and other progressive neurological diseases.



We understand how your symptoms can impact your daily life.



Your dignity and the best possible opportunity to lead a life of quality are at the core of everything we do.



Together we will develop techniques to manage your concerns and ease symptoms.



Your goals are our priority and we'll help you to get the best out of life.

ENQUIRE TODAY

t: 1800 177 591 **e:** info@msqld.org.au **w:** msqld.org.au



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