

The physiotherapist may teach you techniques on how to manage your balance, avoid falls or give tips on how to get on and off furniture which would be appropriate to your level of mobility. They could also give advice to your carers on manual handling techniques to move you safely but without injuring themselves.

The physiotherapist may decide that it might be appropriate for you to use assistive devices or mobility equipment and in which case they would advise MND Scotland who will contact your MND Clinical Specialist to arrange for the equipment to be delivered from the relevant healthcare provider.

How to Apply

This service is subject to the availability of local physiotherapists being sourced by MND Scotland. To receive treatment you must complete an assessment form to check your suitability for treatments.

You can find out more by contacting Dawn Hamilton on:

T: 0141 332 3903

E: dawn.hamilton@mndscotland.org.uk

You can also ask your MND Clinical Specialist to make a referral on your behalf.

Get in touch

For further information on our support or services contact us at:

 0141 332 3903

 info@mndscotland.org.uk

 www.mndscotland.org.uk

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Physiotherapy



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Physiotherapy

MND Scotland has introduced a physiotherapy programme for people with Motor Neurone Disease (MND).

Physiotherapy can help you stay independent for longer and improve your quality of life. It may help you manage pain and maintain existing movement of your limbs for as long as possible.

Physiotherapists can use a range of techniques, tailored to your needs. These may include movement and exercise; manipulation and massage; and taping to support the weaker muscles. Physiotherapists can also provide advice on manual handling and techniques on how to avoid falls or rise up from a chair.

Sessions are delivered in your own home free of charge and provided by qualified physiotherapists. This service is offered subject to the availability of physiotherapists in your area.

What can a physiotherapist do for me?

- Help prevent joint stiffness and maintain joint mobility as long as possible.
- Help to keep muscles not affected by MND healthy to better support the weak muscles.
- Injury advice and treatment not due to loss of motor neurones.

- Provide advice on fall prevention and transfers on and off furniture.
- Provide advice on positioning and posture which may ease breathing and improve comfort.

What will the treatment consist of?

It all depends upon the reason why you need physiotherapy. Generally a physiotherapist will take a history of your medical condition and how this affects you physically in your day-to-day life. They will assess how you move, any balance problems, weakness or stiffness in muscles or how you transfer on and off various items of furniture.

If appropriate they may devise an exercise plan which they will take you through and check that you are able to undertake the exercises correctly and safely, without fatiguing or injuring yourself.

If you are unable to carry out the exercises yourself then they may train your carer to deliver a range of assisted motion exercises to help with circulation and the reduction of muscle aches and pains.

However for the exercises to have any impact they should be carried out on a regular basis by yourself or with the assistance of your carer, at least a few times a week – the physiotherapist will advise you on the frequency required.



Calum Ferguson, diagnosed with MND in 2010