

Physical Therapy Treatment for Multiple Sclerosis

Evaluation, treatment and home exercise prescription

Physical therapists at Swedish are experts in the evaluation and treatment of the many co-existing problems experienced by patients with multiple sclerosis. These include:

- Contractures
- Weakness
- Disequilibrium
- Spasticity
- Pain
- Vestibular dysfunction

Assessment of and/or recommendations for:

- Orthotics
- Assistive devices
- Bioness®
- Lite Gait®
- Ergonomic assessment
- Wheelchair seating

Pain reduction and pain management treatment

- Ergonomic assessment
- Myofascial release
- Orthopedic manual therapy
- Therapeutic ultrasound
- High voltage electrical stimulation (available at First Hill)
- Therapeutic exercise

Vestibular evaluation and rehabilitation for patients with vertigo, dizziness or disequilibrium

- Timed Up and Go Test, Berg Balance Evaluation, Dynamic Gait Index
- Nystagmus assessment using:
 - Frenzel goggles (available at First Hill) or
 - Video goggles (available at Cherry Hill)
- Repositioning techniques
- Exercise

Home exercise program prescription

Each patient's home program will focus on improving aerobic conditioning and functional mobility through exercises and positions that:

- Reduce tone
- Increase range of motion
- Improve balance
- Facilitate motor recruitment of weak muscles

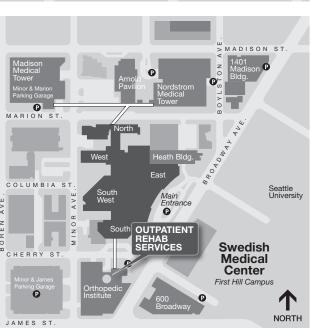
Physical therapy and the MS Wellness Center

Physical therapists offer MS Wellness Center participants both individualized treatment and supervised exercise classes. As part of the comprehensive Multiple Sclerosis Program at Swedish, the MS Wellness Center provides education, programs and services that address the whole person — physically and emotionally — and assists people with MS to live well and better meet the challenges and uncertainties of the disease.

We are always available to answer any question you may have about treatment for your patients. For more information, please call 206-386-2035 (First Hill) or 206-320-2404 (Cherry Hill).

Locations





OUTPATIENT REHABILITATION SERVICES

Swedish Center for Health and Fitness Cherry Hill

500 17th Ave. James Tower, Suite 100 Seattle, WA 98122

OUTPATIENT REHABILITATION SERVICES

First Hill

1101 Madison, Suite 200 Seattle, WA 98104

SWEDISH

OUTPATIENT REHABILITATION SERVICES

Cherry Hill

500 17th Ave. James Tower, Suite 100 Seattle, WA 98122 **T** 206-320-2404

First Hill

1101 Madison, Suite 200 Seattle, WA 98104 **T** 206-386-2035

www.swedish.org

© 2009 SWEDISH HEALTH SERVICES PT-05-05319 R-10/09