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 on reverse)
Locations

OUTPATIENT REHABILITATION SERVICES
Swedish Center for Health and Fitness
Cherry Hill
500 17th Ave.
James Tower, Suite 100
Seattle, WA 98122

First Hill
1101 Madison, Suite 200
Seattle, WA 98104

OUTPATIENT REHABILITATION SERVICES
Swedish Medical Center
Cherry Hill Campus
500 17th Ave.
James Tower, Suite 100
Seattle, WA 98122

OUTPATIENT REHABILITATION SERVICES
First Hill Campus
1101 Madison, Suite 200
Seattle, WA 98104