

Warners Bay Private Hospital

Rehabilitation for Multiple Sclerosis (MS)



Do you have a new diagnosis of Multiple Sclerosis or are you finding it harder to do your normal daily activities such as walking, getting in/out of bed, showering or getting dressed due to your MS? Our team at Warners Bay Private Hospital are here to help you achieve your goals under the care of our Rehabilitation Medicine Physicians. Our Physiotherapist and Occupational Therapists have specialised training in the management of MS and have developed a program.

Our day program will suit a range of abilities and provide benefit to those currently not exercising, those unsure about what exercise to do, those concerned about fatigue and exercise and those unsure how to exercise with physical limitations.

What we can offer you

- An evidence based, therapist led intensive therapy program designed specifically for you by a multidisciplinary team with experience in the management of MS.
- An individualised program designed to maximise your understanding of MS and how it can be positively influenced by exercise and education.
- A tailored program focused on building a framework of 6 core principles of exercise specific to MS: fun, high intensity interval training, specificity, challenge and frequency.
- Interactive problem solving sessions from our multidisciplinary team to address issues such as fatigue management, exercise prescription, pain management, cognitive and psychological wellbeing and other services.

What the program involves:

- Thorough assessment by our Rehabilitation Specialists, Physiotherapist and Occupational Therapist.
- 3 hours of therapy, 2 days a week for 5 weeks.
- Weekly education sessions and homework tasks
- Training to help you manage your own exercises at home on completion of your program.
- Progressive exercise sessions designed for you to work on achieving your goals.

For more information, please contact our Day Program Administrative Team on 02 4941 3462. We look forward to hearing from you and working with you to achieve your goals.

Warners Bay Private Hospital

Fairfax Road
Warners Bay NSW 2282

Ph: 02 4958 4288
warnersbayprivate.com.au

 **Warners Bay
Private Hospital**
Part of Ramsay Health Care