



# MS Research and Relief Fund

"Supporting ALL people affected by Multiple Sclerosis"

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GP Referral Form- **Carer of patient with Multiple Sclerosis**

Benmar House, Choppington Road, Morpeth, Northumberland NE61 2HX Tel: 01670 505 829

Dear Dr

Your Patient's full name (block capitals) .....

Of.....

Telephone.....Would like to access our services in order to assist and accompany a person with MS with whom they care for.

We are a registered Charity providing FREE Complementary Therapies and Exercise to people with Multiple Sclerosis and their **primary carer**.

The services on offer, undertaken by our team of qualified Therapists are: – Body Massage, Indian Head Massage, Reflexology, Crystal Therapy, Reiki and Sports Massage.

People with MS and their **primary carers** can also access Vibro-Gyms, Toning chairs, Toning Bed, Treadmill and Motomed bikes; Tai Chi, Pilates, Yoga, gentle exercise classes, as well as one to one exercise sessions with a Fitness instructor.

We conduct a detailed assessment to identify any contra indications (below) to the above activities, and a medical consultation prior to any activity undertaken, however we do require a GP's referral before we can proceed. Two of the Charity's Patrons are RVI MS Consultants who fully endorse and recommend our Service Provisions to people with MS and their carer.

We would be grateful if you would confirm if there are any medical reasons or contra indications that you know of, preventing any of the above activities taking place.

**Contra Indications:**

- Heart disease
- Pacemaker
- Thrombosis DVT
- Epilepsy
- Acute hernia, discopathy, spondylosis
- Serious cardiovascular disease
- Cancer
- Pregnancy
- Recent wounds or fractures (last 12 months)
- Severe infection

**Precautions:**

- Spinal or orthopaedic conditions
- High or low BP
- Arthritis
- Neuralgia
- Stroke
- Severe skin condition
- Severe allergy
- Slipped or prolapsed disc
- other

Doctors reply and comment.....

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GP Signature.....

GP Stamp

Date.....

