



MS Research and Relief Fund

"Supporting ALL people affected by Multiple Sclerosis"

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GP Referral Form- **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.

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.

We would be grateful if you would confirm that your Patient has been diagnosed with Multiple Sclerosis and 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.....

