



# MS Research and Relief Fund

“Supporting people affected by Multiple Sclerosis”

Benmar House, Choppington Road, Morpeth, Northumberland NE61 2HX

Tel: 01670 505 829

Web: [www.ms-researchandrelief.org](http://www.ms-researchandrelief.org)

Email: [info@ms-researchandrelief.org](mailto:info@ms-researchandrelief.org)

## GP REFERRAL FORM

Patient with Multiple Sclerosis

Dear Dr

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

Of .....

Telephone..... has given their consent to MS Research and Relief Fund to request a referral from yourself, enabling them to access the services stated below.

We are a registered Charity providing FREE Physiotherapy, Complementary and Sports Therapy, Personal Training and various Exercise Classes for people with MS and their primary carer.

### Physiotherapy:

FREE Physiotherapy is available providing tailored sessions to people with MS where they can access an AlterG Anti-Gravity Treadmill and Vibro-Gym sessions, as well as Sports Massage and Physio Classes, undertaken and lead by a team of qualified Personal Trainers and a registered Physiotherapist.

### Complementary Therapies:

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

### Exercise:

Exercise services undertaken by our team of qualified Personal Trainers and Fitness Instructors are: One to One Personal Training sessions, Gym sessions, which include the use of: Oswestry standing frame, VibroGym, Sara Plus stand up hoist, Toning chairs and bed, various Seated and Mat based Exercise Classes and cardio and cycling hub.

### Assessment:

We conduct a detailed assessment to identify any contra indications to the above activities, and a medical consultation prior to any activity undertaken, however we do require a signed GP's referral form or equally a referral from a MS Neurologist before we can proceed.

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 (please see overleaf), preventing any of the above activities taking place.



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## Contra Indications:

- Heart disease
- Thrombosis DVT
- Epilepsy
- Acute hernia, discopathy, spondylosis
- Serious cardiovascular disease
- Cancer
- Pregnancy
- Recent wounds or fractures (last 12 months)
- Severe infection
- Unstable fracture
- Cardiovascular hypertension
- Heart pacemaker (due to powerful magnets in AlterG)
- Insulin pump (due to powerful magnets in AlterG)

## Precautions:

- Spinal or orthopaedic conditions
- High or low BP
- Arthritis
- Neuralgia
- Stroke
- Severe skin condition
- Severe allergy
- Slipped or prolapsed disc
- Cardiovascular disease or respiratory compromise
- Angina
- Acute or chronic back problems

## Doctors reply and comment:

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GP Signature ..... GP Stamp

Date .....