Background

The person has MS, which they were diagnosed with in 2019.

Their main concerns are muscle spasticity, heaviness of limbs and general fatigue. The patient has had previous chronic LBP and had a period of hospitalisation for 2/52 and was then discharged with no further therapy required.

Prior to attending the centre, they spent most of their time in the house whilst husband was at work, only leaving the house to collect her child from school. No significant hobbies were noted, and she led a somewhat sedentary lifestyle.

Therefore, coming to the Neuro Therapy Centre has given them encouragement to get out of the house and has subsequently given her a routine which they have managed to maintain regularly for 7 months. Additionally, they have started to enjoy the social aspect of the centre and enjoys meeting and talking to new people.

Functional Electrical Stimulation

Following an initial assessment carried out by one of the centre’s physiotherapists, they have immersed themselves in the centre’s offerings by having one-to-one physiotherapy sessions, gym sessions which have included boxing and a course of 6 sessions on the Functional Electrical Stimulation (FES) bike.

Initially they were sceptical about FES however, once the potential benefits were explained they felt at ease and were willing to try it to see if they could gain any benefit. Moreover, they have enjoyed going to the café and enjoys relaxing and unwinding here after their sessions.

Having attended the above mentioned, they have felt a sense of achievement and have gained in both their mental and physical wellbeing. They have voiced that stretching sessions from physiotherapy were a little uncomfortable, but this has made them believe they can stretch more than they realised and puts the discomfort down to not having accessed this type of treatment before. In addition to stretches, they have voiced that they enjoyed the co-ordination and multi-tasking nature of the sessions, in particular boxing where they had to focus on balance and ability to carry out a punching motion and various games within the sessions. These interventions have given them a feeling that they can still achieve. In terms of the FES bike, they have thoroughly enjoyed this and feels they have improvement of spasticity and delayed onset of symptoms such as heaviness of legs. In addition, transfers have become a lot easier due to the FES bike.

Summary

The patient enjoys the gym a lot and has improved both physically and mentally as well as balance and co-ordination. They also revealed how reassuring it is to see people around their age at the centre, so they can share experiences with and improve their social life in doing so. As mentioned previously, the centre has given the patient a routine to their week and is a welcome change from their previously sedentary lifestyle. They regularly signpost people to the centre, especially when they are in their local doctor’s surgery after talking to people with neurological conditions. From a professional standing, I look forward to seeing them enjoy the centre further and all the benefits this brings. They summarise their experience at the Neuro Therapy Centre in one quote; *“Overall I feel the Neuro Therapy Centre is a hidden gem, I tell lots of people about what they offer, such as the FES bike, and how friendly and welcoming their staff are, the centre has just given me a sense of purpose.”*