



# Neuro Physio

*A service provided by MS Queensland*

Neurological physiotherapy  
designed to suit you.

For anyone living with MS or another  
progressive neurological disease.

No referral required.

**1800 177 591**

[msqld.org.au](http://msqld.org.au)



MS Queensland

*MS Queensland is an NDIS registered provider*



# Why NeuroPhysio?

**Neurological physiotherapists specialise in preventative techniques and physical conditioning training for long term management of MS and other progressive neurological diseases.**

These include Huntington's disease, motor neurone disease, multiple sclerosis, Parkinson's disease, and others.

# Where to find us

**You can access *NeuroPhysio* in your local area. We spend time in regional communities across Queensland as well as at our established clinics in south-east Queensland.**

Find your nearest clinic on our website **[msqld.org.au](http://msqld.org.au)**



MS Queensland

# Here for you

**Personalised treatment will improve your physical capability to engage in everyday life.**

It can help with symptoms including:

- o balance and mobility problems
- o fatigue
- o spasticity and spasms
- o muscle weakness
- o cardiorespiratory fitness
- o ataxia
- o confidence with participating in activities
- o pain related to your condition
- o trouble moving the body in everyday activities

# Group programs

**Specialised group programs incorporate supervised clinical exercise programs, training in self-management techniques or a combination of these. They are fun, gentle, motivating and friendly. Typical programs include:**

- o balance and mobility
- o core stability
- o chair-based exercise
- o structured physical activity classes such as yoga, tai chi and others

Find out what's on and where on our website [msqld.org.au](http://msqld.org.au)

## Your experience

**Your initial consultation involves extensive and detailed assessment, discussing your capabilities, challenges and concerns about your condition.**

Subsequent consultations work on your individual needs to improve your physical outcomes.

You may have one or multiple appointments depending on your needs.



A personalised holistic therapy and exercise routine may be planned and provided to improve your physical capacity. This could be home-based, clinic-based, or a combination.

Your carers or support people can also access advice on how to best assist you in a physically safe manner.

Our focus is on achieving the best outcomes for you, building a relationship with you for the long term.

# 5 reasons to choose us



We're part of **MS Queensland**, the leading non-profit organisation supporting people with MS (multiple sclerosis) and other progressive neurological diseases.



**We understand** how your symptoms can impact your daily life.



**Your dignity** and the best possible opportunity to lead a life of quality are at the core of everything we do.



**Together** we will develop techniques to manage your concerns and ease symptoms.



**Your goals** are our priority and we'll help you to get the best out of life.

ENQUIRE TODAY

**t:** 1800 177 591 **e:** [info@msqld.org.au](mailto:info@msqld.org.au) **w:** [msqld.org.au](http://msqld.org.au)



MS Queensland

