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www.ms-help.cambs.co.uk

hyperbaric oxygen treatment
for body and brain injuries

At the Centre we have been offering high density O2 sessions to our members since the mid eighties.

more and more people have been finding benefit in the therapy including professional athletes, football and rugby players, cancer patients, people recovering from stroke and aggressive cancer treatments.

The human body when given a chance is incredibly good at fixing itself. A higher density of O2 molecules circulating in the blood can give our bodies the leg up they sometimes need.

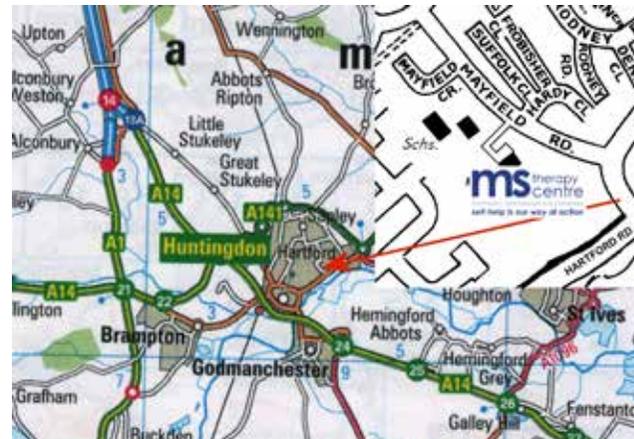
The therapy acts as a great complement to any treatments you are receiving elsewhere and we have a range of research gathered at www.ms-help.cambs.co.uk

There is much more to be found online not least the news of returning, injured paratrooper Ben Parkinson who talked of feeling improvements after his first session of Hyperbaric Oxygen Treatment.



MS Centre Monday Open 9am to 5pm
 Tuesday
 Thursday

Available for general hire Wednesday
 Friday
 Saturday
 Sunday



Bradbury House, Mayfield Rd, Huntingdon,
Cambridgeshire, PE29 1UL

Alternatively, feel free to visit us.

The Huntingdon, Peterborough and Cambridge
MS Therapy Centre

10 minutes by car from the Godmanchester
exit on the A14 (J24).

At the traffic lights on Hartford Rd (B1514),
turn into Desborough Rd and take the first left
into Mayfield Rd.

high density **O₂** at the **ms** therapy centre

The HPC Therapy Centre is a friendly and relaxed drop-in centre welcoming all with MS, other neurological conditions and anyone interested in feeling their best specialised gym equipment and a range of complementary therapies at affordable rates..



With this unpredictable condition we believe that self help is our best course of action and aim to provide support to all wishing to help themselves.

Many of the therapies feel good and are available to everyone - not only those with MS!

The Centre, with its meeting room, large communal seating area, two exercise zones, kitchen and three therapy rooms is open to everyone on various days of the week.

selfhelp is our way of action

What is MS?

Multiple Sclerosis is a disease of the central nervous system which is made up of the brain and spinal cord (CNS).

Although the condition was first recognised over 150 years ago so far we only have theories as to its cause.

It is the most common neurological condition in young adults.

Research suggests at least 100,000 people are affected in the UK and there are at least twice as many women as men with the disease which is generally diagnosed in the individual's 20s or 30s.

Early diagnosis is becoming more common. The sheath protecting the nerves is damaged in MS causing loss of control to some parts of the body.

As yet, nobody knows or how to stop or reverse the damage, although research is ongoing.

Our Centre has been designed with MS patients in mind although everyone is welcome.

Some common symptoms can include:
loss of coordination and/or balance
slurred speech
loss of fine motor control
visual disturbance
changes to bladder & bowel function.
quick to tire/severe fatigue

For a full list of treatments we offer that can help us all feel better, please visit our website



Some therapies we offer

Aromatherapy is the therapeutic use of plant-derived essential oils to promote physical and mental well-being.

Bowen Technique treatment consists of a series of gentle rolling moves with frequent pauses between moves giving the body time to benefit from each set. Practitioners treat the body as a whole or will target a specific problem.

Physiotherapy, aims to devise exercises to aid movement.

Reflexology, this calming therapy works on soothing the feet which correspond to points on the body.

Reiki is a therapy that uses simple hands-on, no-touch and visualization techniques to increase wellbeing through improving the flow of chi or life energy.

Shiatsu is a traditional, hands-on healing art. Treatment involves gentle manipulation and stretches with pressure applied using fingers and thumbs.

Sports Massage.

Therapeutic Facial involves a relaxing facial and scalp massage to promote circulation and tightening of the skin's tone.

Who we are

We are a small, self-funded charity that forms part of a nationwide network of independent MS Therapy Centres set up by groups of people with MS to provide High Density Oxygen Therapy.

The Centre was founded in 1985 and in 2002 we moved to our new home which gave us the space to offer more support to more people. We can now offer a variety of approaches for symptom management including the use of specialised gym equipment.

Facilities

The Centre, with its meeting room, large communal seating area, kitchen, three therapy rooms and therapists is open to everyone on various days of the week.

We have a Vibrogym, Toning Tables, Motomed Bikes and a garden for our users' benefit. Our cafe offers affordable, hot food and an opportunity to chat with other members.

Our drop-in centre offers a range of bodywork therapies which support MS patients in Cambridgeshire and the surroundings.

We are wheelchair accessible with disabled toilets.

There's ample free parking (more than 40 spaces) and our nearest bus stop is around two hundred metres away on Mayfield Road.

For more information on the Centre, our services or MS in general please give us a call and we'll be happy to try and answer any of your questions.

www.mshelpcambs.co.uk