

## What to do if you experience a change in your symptoms

Following a change in your abilities, whether it is a sudden increase in your symptoms or a more gradual deterioration, for example stiffness or pain, a Physiotherapy review would be advisable. In the first instance this may be through advice over the telephone.

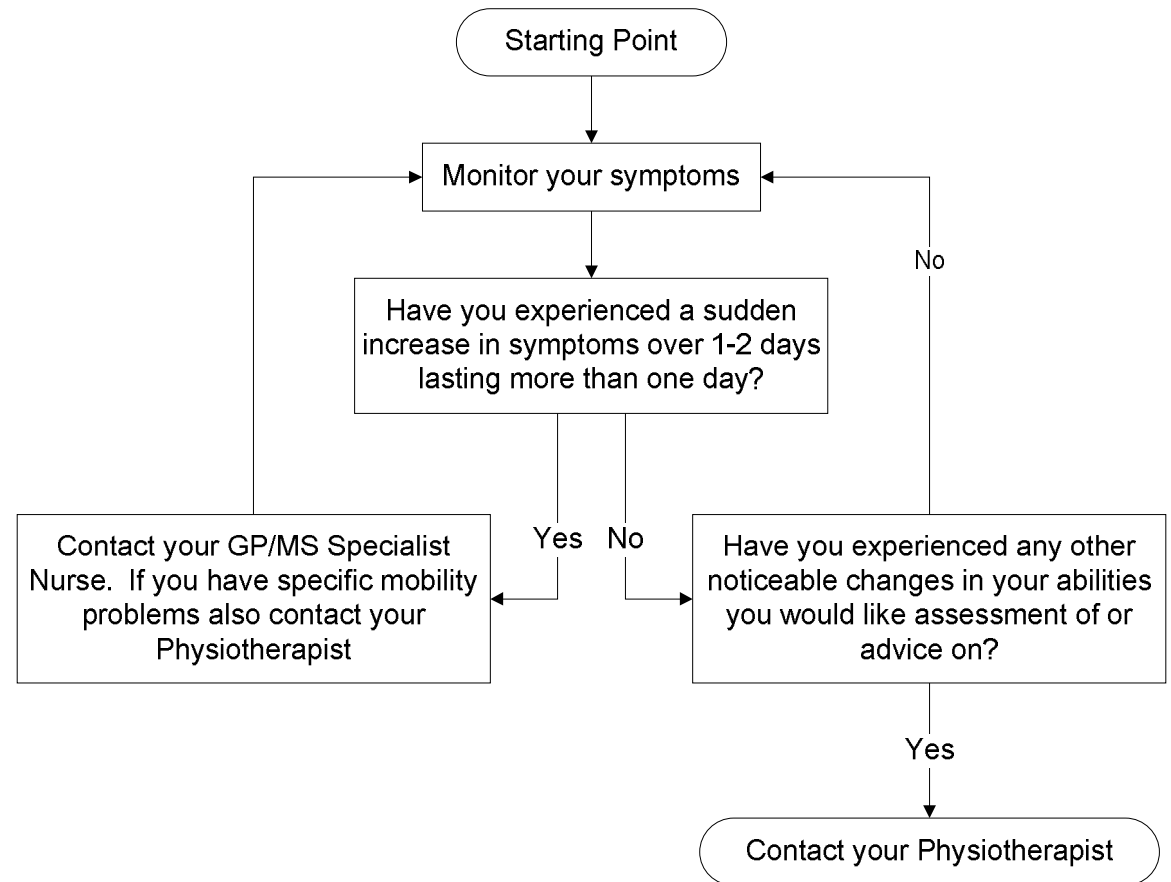
If you experience a sudden increase in your symptoms or loss of abilities that come on rapidly (over 1-2 days) and last more than a day, you may need to seek advice. This might be due to a relapse (new inflammation) or other cause, such as infection. In this situation you need to contact your GP to determine the cause and evaluate the need for treatment.

During an episode of relapse, active Physiotherapy is often not beneficial. However, you may wish to contact your Physiotherapist for advice on any difficulties regarding moving around at home.

Please contact a physiotherapist by using the telephone number on the front of this leaflet.

## Monitoring your symptoms and who to contact

Physiotherapist Last Seen and Date



## Wheelchairs

Contact your physiotherapist or OT for assessment

## Other Useful Numbers

Exeter Disability Centre 01392 824428

Independent Living Centre 01392 380181

Continence Nurse 01626 324685

## Counselling

Counselling is available on various aspects of MS, including the nature and effects of the condition, and psychological and emotional adjustment. The MS Society help-line and local branches can help with information and reassurance. Alternatively, your Physiotherapist or GP will be able to refer you to an appropriate service such as Clinical Psychology or an MS Specialist Nurse.

## MS Support Networks

National MS Society Helpline  
0808 8008000

## Local branch MS Society

0845 602 0805

## South West MS Therapy Centre (Exeter)

01392 447411

## Neurological Secretaries

Torbay 01803 654827

Plymouth 01752 517642

Exeter 01392 402455 /

01392 402494

<http://www.torbayandsouthdevon.nhs.uk/>

## Useful Numbers

### MS Specialist Nurses

For people seeing a neurologist in:

#### Torbay:

01803 656195 (Jenny Pye)

#### Plymouth:

01752 437698 (Secretary)

01752 431044 (Helen Rutherford)

01752 431294 (Amanda Grant)

#### Exeter:

01392 208588

### Occupational Therapy (OT)

OT can be provided via health or social services. You can discuss referral to OT with your GP.

### Social services helpdesks

Torbay 01803 219700

Devon 0345 1551007

This document is available in other languages and formats. For more information telephone 01803 547157

  
Partners in Care



**PATIENT  
INFORMATION**

## Physiotherapy Service

### Self Referral to Physiotherapy for People with Multiple Sclerosis (MS)

**This leaflet is for people with MS and their carers, who have been assessed by a Physiotherapist and may need to re-access Physiotherapy or other services.**

**You may or may not have a booked review with the Physiotherapist. However, you will not have been discharged from the Service. You or a carer can contact us directly should you require reassessment or advice. You can be assessed at home or your local hospital.**

*Working with you, for you*