

## **WELLNESS PROGRAM**

The WELLNESS PROGRAM enables clients to access therapeutic exercise, massage therapy, acupuncture, aquasize, equestrian therapy, and "Safe Steps".

### THERAPEUTIC EXERCISE SESSIONS

Special physical therapy is offered through our Therapeutic Exercise Sessions. These one-hour, vigorous, stretching exercises, done while seated in a chair, are offered weekly at no cost.

### MASSAGE THERAPY

Our program offers relaxing therapeutic massages for a \$10.00 co-pay. Practitioners are area professionals who contract with MS Home to provide the service.

### ACUPUNCTURE

Acupuncture is the ancient practice of medicine based upon traditional oriental medical theories which inserts needles in specific areas of the body. Studies have shown that acupuncture can provide effective relief for many MS symptoms. Contracted acupuncture physicians provide their expertise for a \$10.00 co-pay.

### AQUASIZE

The Aquasize program includes stretching and toning exercises, which have shown to be most beneficial, in water, where it is often easier for those with movement disorders. The cost is a \$10.00 co-pay.

### EQUESTRIAN THERAPY

Therapeutic horseback riding through The Equestrian Challenge is offered in eight week courses. There is a co-pay.

### "SAFE STEPS"

This service bridges the gap between available resources and client needs not covered by insurance. It's ultimate purpose is to promote safety and increased productivity within the home and work environments. Client needs may include home health, medical equipment, grab bars, vehicle hand controls, ramps, respite care, and scooters/wheelchairs.

## **OTHER SERVICES**

MS Support Group and Lunch Club  
Telephone Network  
In-House Nurse Consultations  
MS Reference Library  
Physicians Specializing in MS  
Edison Community College Nursing Program  
Health Care Referral Network-Community Education

**FOR MORE INFORMATION OR TO BECOME PART OF THE MS HOME FAMILY, CALL 239 435-1901.**