

Trudi's testimonial

Pre-Hyperbaric Oxygen

My name is Trudi, I am a 51 year old woman who has had Multiple Sclerosis since I was 19 years old. My M.S. symptoms have not been very pronounced until about 5 years ago. Listed below are my symptoms prior the oxygen treatments:

- Right leg is very weak
- Poor Balance
- Fine motor skills are poor
- Muscle spasms in both legs, but more intense on the right
- I walk with a walker
- Minor depression
- Fatigue
- Poor bladder control
- Sleep Disorder
- Overall Malaise

Post-Hyperbaric Treatments

I have completed my 20 treatments at Richmond Hyperbaric Treatment Centre, I have noticed several improvements:

1. I am taking tai chi lessons once a week and I now find that I can stand for the whole hour, whereas at the beginning of this instruction I was seated after about 10 minutes. My right leg is stronger than it was and my balance is also better as my weight distribution is now more even. I do not fall as often as I used to because my right leg is stronger and doesn't buckle under me causing me to fall
2. I am not dropping as many things because my fine motor skills in my hands are somewhat better.
3. The muscle spasms in my legs are virtually gone. This is a great improvement as they would wake me up at night and this has stopped, therefore I am sleeping better.
4. I still walk with a walker but I have hope that will change and I will manage to walk without any assistance.
5. My outlook on life is definitely better. I am more energetic and my fatigue is reduced.
6. My bladder control is much better, as I only get out of bed once at night rather than three or four times.
7. I have noticed a significant increase in my hair and finger nail growth.

To conclude, there have been improvements and I am very pleased about my progress and I would like to return for more treatments in the future.