



ROCKY MOUNTAIN
UNIVERSITY of
HEALTH PROFESSIONS

FOUNDATION

Multiple Sclerosis Physical Therapy and Wellness Center

Description: Formerly established in 2016, the MS Program at the Community Rehabilitation Clinic (CRC) in Provo, UT transitioned into the MS Physical Therapy and Wellness Center in 2017. This is one-of-a-kind pro bono, evidence-based physical therapy and wellness program, serves individuals diagnosed with Multiple Sclerosis (MS) within the state of Utah. Program enrollment includes a physical therapy evaluation, 2 to 3 one-on-one treatment sessions, and a wellness prescription for their participants. Participant referrals to speech and language services, cognitive behavioral services, and orthotic services are provided on a need basis. Participants are encouraged to attend the wellness sessions supervised by the program manager and trained staff every week. Weekly attendance allows program participants to socialize and form connections with other participants. The MS Physical Therapy and Wellness Center is part of a strong collaboration between Rocky Mountain University of Health Professions and Mountainlands Family Health Center clinical system. The mission and vision of the Center are:

- **Mission:** To provide pro bono, high quality, evidence-based and effective PT care to individuals with MS.
- **Vision:** To advance the quality of physical therapy care provided to individuals with MS within Utah county and meet standard exercise recommendations provided in this population.

Need for the MS Physical Therapy and Wellness Center: Individuals with MS within the Utah County struggle to find individualized and MS-specific Physical Therapy (PT) rehabilitation and wellness services to address their symptoms and healthcare needs. Healthcare providers trained in providing MS-specific services are aware of various strategies and resources for managing chronic symptoms of the disease and therefore, significantly enhance the health-related outcomes in these individuals. The identified gaps in access and quality of PT needs in this population warrants further attention, thus strengthening the need of a unique MS specific program in Utah County.

Program details:

When: Every Tuesdays 8am – 12pm

Where: The Community Rehabilitation Clinic, 589 S. State Street, Provo, Utah 84606
(801) 375-2041 – rmuohpcrc@gmail.com

Who: Physical Therapists:

Hina Garg, PT, MS, PhD, Neuro specialist (MS Program Director)
Coleby Clawson, PT (Clinic Director)

Physical Therapy Assistants:

Bet Hawley, PTA
Jared Labrum, PTA

Staff and Volunteers:

Natisha Bethers
Justin Walker