

SPASTICITY



Approximately 1/3 of all stroke survivors will experience “spasticity” which is defined as a velocity dependent tonic muscle contraction.



Spasticity can lead to pain, impaired function and poor quality of life.

IDENTIFICATION

Early detection through assessment is key to identifying and effectively managing spasticity.

RECOMMENDATIONS

Spasticity and contractures resulting from spasticity can be addressed by:



Anti spastic positioning



Range of motion/
gentle stretching



Strengthening exercises



Routine use of splints is not recommended however, splinting may be useful in individual circumstances.



Spasticity is not a contraindication to strengthening exercises.



Determining whether the tone is harmful or helpful is key in guiding approach to treatment.



Botox injections can be used to increase range of motion and decrease pain for patients with focal spasticity.

EARLY IDENTIFICATION AND TREATMENT OF SPASTICITY IS KEY TO ENABLING RECOVERY!