

SPASTICITY



Approximately 30% of all stroke survivors will experience changes in muscle tone.



Increased activity or “tone” in your muscles making them feel stiff and tight is called spasticity.

WHAT DOES IT MEAN FOR YOU?

If not treated spasticity can lead to reduced movement, pain, altered balance and make your day to day activities difficult.

- Your hand may make a tight fist causing your finger nails to dig into your palm.
- Your arm may be pressed against your chest making it difficult to wash or dress.
- It may be difficult for you to get your heel to the ground to walk properly.
- You may experience cramping or muscle spasms.

WHAT YOU CAN DO...

Stay active! The less active you are the worse your symptoms may become. So, remember to move as much as possible.

WAYS TO MANAGE SYMPTOMS OF SPASTICITY MAY INCLUDE:



Exercise (stretching/
strengthening exercises)



Medications
(oral / injected)



Equipment



Physiotherapy/
Occupational therapy



OR A **COMBINATION** OF ABOVE.

TALK TO YOUR HEALTH CARE PROVIDER ABOUT A TREATMENT PLAN THAT IS RIGHT FOR YOU.