Spasticity is one of the most common post-stroke conditions. If untreated, it can decrease your quality of life and increase the burden on your caregiver.

To find the right treatment, it’s important for you and your caregiver to have an open dialogue with your health care professional. Assessment and diagnosis are critical in developing a treatment plan, and it’s important to evaluate progress and outcomes. This dialogue tool can educate you and help you have a productive conversation with your health care professional.

1. **What symptom(s) is your spasticity causing?**
   - [ ] Pain
   - [ ] Muscle spasms
   - [ ] Tightness in limbs
   - [ ] Severe cramps
   - [ ] Distortion of muscles/limbs
   - [ ] Limiting ability to perform tasks or activities

2. **How long have you experienced these symptoms?**
   - [ ] 1-3 months
   - [ ] 4-6 months
   - [ ] 7 months or longer

3. **What activities have your symptom(s) impacted?**
   - [ ] Eating
   - [ ] Dressing
   - [ ] Toileting
   - [ ] Walking
   - [ ] Sleeping
   - [ ] Bathing
   - [ ] Other

4. **What treatments have you tried?**

   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
# SPASTICITY MANAGEMENT OPTIONS

Discuss these treatment options with your health care professional to determine what’s best for you:

<table>
<thead>
<tr>
<th>Treatment Option</th>
<th>Advantages</th>
<th>Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TARGETED INJECTIONS</strong>&lt;br&gt;(such as botulinum toxin)</td>
<td>☑ Effectively treats affected area&lt;br&gt;☑ Non-drowsy&lt;br&gt;☑ Can be combined with other therapies</td>
<td>☐ Treatment effect may diminish over time&lt;br&gt;☑ Semi-invasive procedure&lt;br&gt;☑ Specific only for focal spasticity&lt;br&gt;☑ Cost</td>
</tr>
<tr>
<td><strong>ORAL MEDICATIONS</strong>&lt;br&gt;(such as baclofen, muscle relaxants and antispasmodics)</td>
<td>☑ Non-invasive&lt;br&gt;☑ Reduces symptoms&lt;br&gt;☑ Useful for global symptoms</td>
<td>☐ Poor tolerability&lt;br&gt;☑ Side effects such as drowsiness and weakness&lt;br&gt;☑ Additional cost</td>
</tr>
<tr>
<td><strong>ELECTRICAL STIMULATIONS/VIBRATIONS</strong></td>
<td>☑ Reduces spasticity&lt;br&gt;☑ Increases flexibility&lt;br&gt;☑ Improves functioning</td>
<td>☐ Temporary relief&lt;br&gt;☑ Used in addition to rehabilitation therapy</td>
</tr>
<tr>
<td><strong>INTRATHecal BACLOFEN THERAPY</strong>&lt;br&gt;(PUMP)</td>
<td>☑ Effective for severe spasticity&lt;br&gt;☑ Avoids many adverse effects of oral baclofen&lt;br&gt;☑ Delivers medication directly to affected area</td>
<td>☐ Invasive surgical procedure&lt;br&gt;☑ Cost of refills&lt;br&gt;☑ Risk of overdose and withdrawal</td>
</tr>
<tr>
<td><strong>PHYSICAL EXERCISE &amp; STRETCHING</strong></td>
<td>☑ Helps maintain full range of motion&lt;br&gt;☑ Prevents permanent muscle shortening</td>
<td>☐ Limited therapy time/number of sessions</td>
</tr>
<tr>
<td><strong>TENDON-LENGTHENING PROCEDURES</strong></td>
<td>☑ Permanent solution&lt;br&gt;☑ Relieves pain&lt;br&gt;☑ Decreases reliance on medication&lt;br&gt;☑ Improves functioning</td>
<td>☐ Invasive surgical procedure&lt;br&gt;☑ Risk of complications&lt;br&gt;☑ Rehabilitation therapy required after procedure&lt;br&gt;☑ Additional cost</td>
</tr>
</tbody>
</table>

LEARN MORE AT STROKE.ORG/SPASTICITY

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