



American Stroke Association®
A division of the American Heart Association.

Together to End Stroke®

SPASTICITY TREATMENT

DIALOGUE TOOL

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?

- | | |
|---|--|
| <input type="checkbox"/> Pain | <input type="checkbox"/> Distortion of muscles/limbs |
| <input type="checkbox"/> Muscle spasms | <input type="checkbox"/> Limiting ability to perform tasks or activities |
| <input type="checkbox"/> Tightness in limbs | |
| <input type="checkbox"/> Severe cramps | |

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?

- | | |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Eating | <input type="checkbox"/> Sleeping |
| <input type="checkbox"/> Dressing | <input type="checkbox"/> Bathing |
| <input type="checkbox"/> Toileting | <input type="checkbox"/> Other |
| <input type="checkbox"/> Walking | |

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:

TARGETED INJECTIONS

(such as botulinum toxin)

Advantages

- ✔ Effectively treats affected area
- ✔ Non-drowsy
- ✔ Can be combined with other therapies

Disadvantages

- ✘ Treatment effect may diminish over time
- ✘ Semi-invasive procedure
- ✘ Specific only for focal spasticity
- ✘ Cost

ORAL MEDICATIONS

(such as baclofen, muscle relaxants and antispasmodics)

Advantages

- ✔ Non-invasive
- ✔ Reduces symptoms
- ✔ Useful for global symptoms

Disadvantages

- ✘ Poor tolerability
- ✘ Side effects such as drowsiness and weakness
- ✘ Additional cost

ELECTRICAL STIMULATIONS/VIBRATIONS

Advantages

- ✔ Reduces spasticity
- ✔ Increases flexibility
- ✔ Improves functioning

Disadvantages

- ✘ Temporary relief
- ✘ Used in addition to rehabilitation therapy

INTRATHECAL BACLOFEN THERAPY (PUMP)

Advantages

- ✔ Effective for severe spasticity
- ✔ Avoids many adverse effects of oral baclofen
- ✔ Delivers medication directly to affected area

Disadvantages

- ✘ Invasive surgical procedure
- ✘ Cost of refills
- ✘ Risk of overdose and withdrawal

PHYSICAL EXERCISE & STRETCHING

Advantages

- ✔ Helps maintain full range of motion
- ✔ Prevents permanent muscle shortening

Disadvantage

- ✘ Limited therapy time/number of sessions

TENDON-LENGTHENING PROCEDURES

Advantages

- ✔ Permanent solution
- ✔ Relieves pain
- ✔ Decreases reliance on medication
- ✔ Improves functioning

Disadvantages

- ✘ Invasive surgical procedure
- ✘ Risk of complications
- ✘ Rehabilitation therapy required after procedure
- ✘ Additional cost



Ipsen is a proud sponsor of the American Stroke Association's Spasticity Education Initiative.

LEARN MORE AT [STROKE.ORG/SPASTICITY](https://stroke.org/spasticity)

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