



American Stroke Association
A division of the American Heart Association.

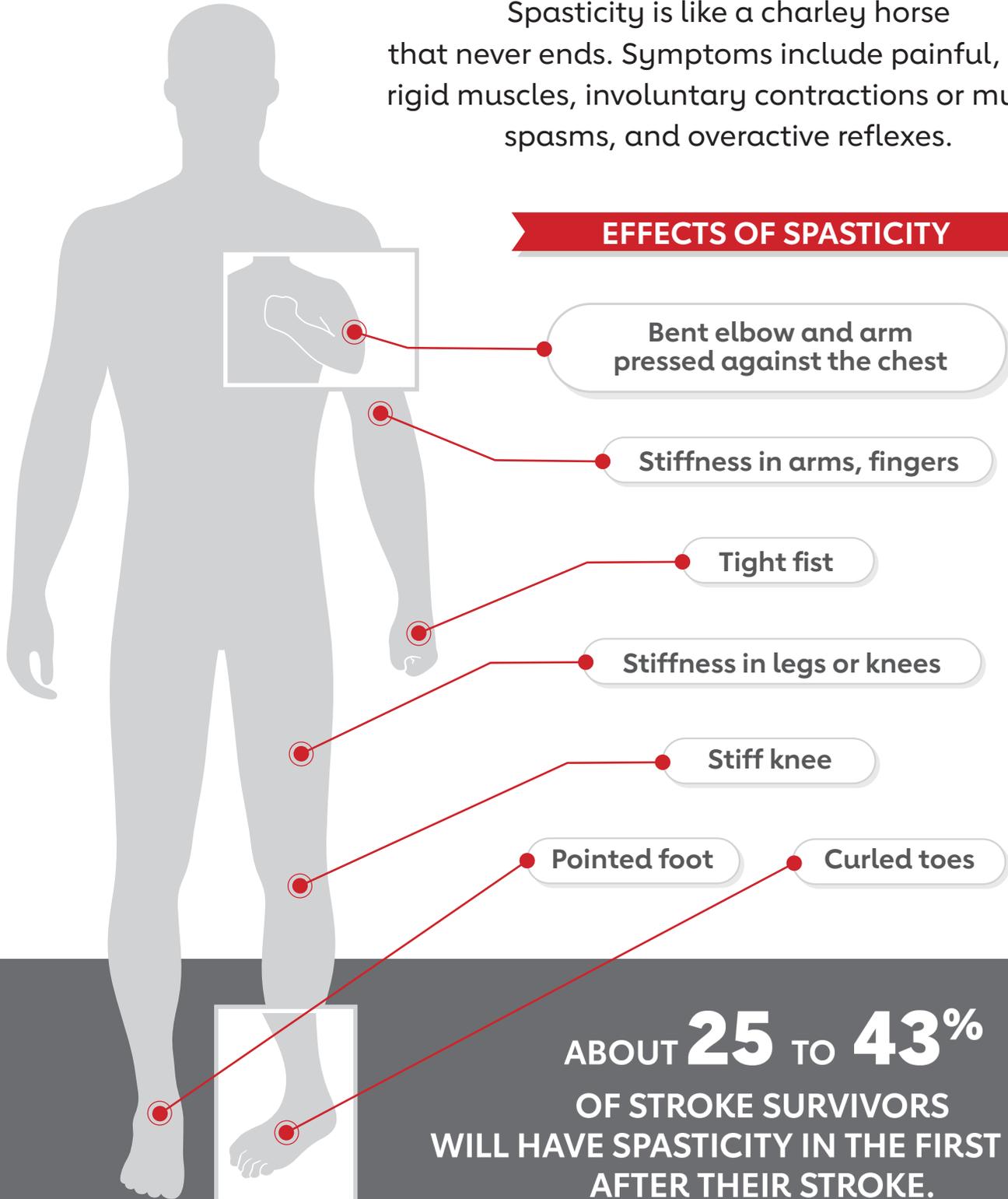
Together to End Stroke®

WHAT YOU SHOULD KNOW ABOUT

SPASTICITY

Spasticity is like a charley horse that never ends. Symptoms include painful, stiff, rigid muscles, involuntary contractions or muscle spasms, and overactive reflexes.

EFFECTS OF SPASTICITY



ABOUT **25** TO **43%**
OF STROKE SURVIVORS
WILL HAVE SPASTICITY IN THE FIRST YEAR
AFTER THEIR STROKE.

COMPLICATIONS FROM SPASTICITY

TREATMENTS FOR SPASTICITY

There's no cure for spasticity. But a combination of these and other therapies and medications can lessen the symptoms and improve strength and movement:



Targeted injections of botulinum toxin to block nerve pain and relieve tight muscles



Oral medications to help relax the nerves and muscles



Neuromuscular electrical stimulation or vibrations applied to spastic muscles



Intrathecal baclofen therapy may be used to deliver continuous medication to ease severe muscle contractions and spasms



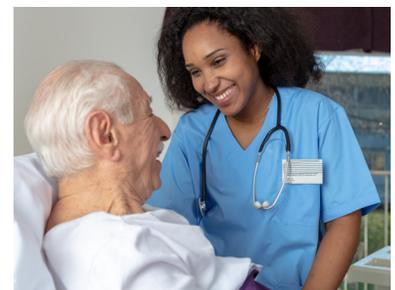
Gentle stretching of tighter muscles



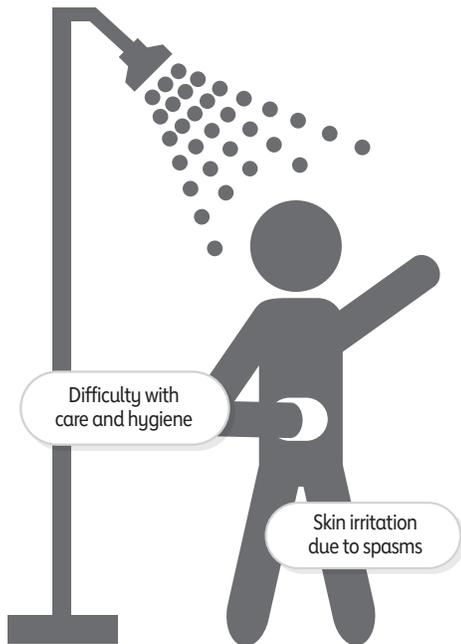
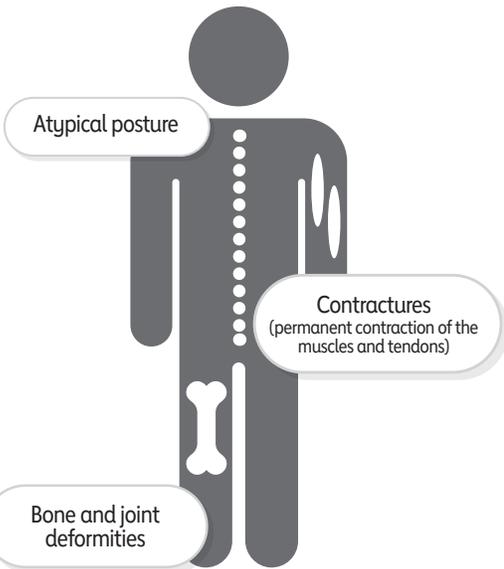
Range-of-motion exercises



Frequent movement and repositioning of body parts



Surgery on affected muscles, tendons or joints to block pain and restore movement



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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