

# WHAT YOU SHOULD KNOW ABOUT SPASTICITY

Symptoms of spasticity include stiff, rigid muscles, involuntary contractions or muscle spasms. Spasticity is likened to a charley horse that never ends.

## SPASMS CAN PRODUCE:



## SPASTICITY SYMPTOMS:

- ✓ Increased muscle tone
- ✓ Overactive reflexes
- ✓ Involuntary movements, which may include spasms
- ✓ Pain
- ✓ Decreased functional abilities and delayed motor development
- ✓ Stiff or tight muscles at rest

## PREVALENCE:

Spasticity is common for people with many different medical conditions.

- Up to 43% of stroke survivors report spasticity
- 50% of traumatic brain injury patients develop spasticity
- Up to 78% of patients with multiple sclerosis develop spasticity
- Up to 80% of cerebral palsy patients develop spasticity
- Up to 78% of spinal cord injury patients develop spasticity within one year of their injury

Spasticity develops differently in each condition and in specific patients.

## SPASTICITY MAY:

### BE TRIGGERED BY:

- Infections such as UTI
- Moving arms and legs
- Pressure ulcers
- Constipation
- Fractures

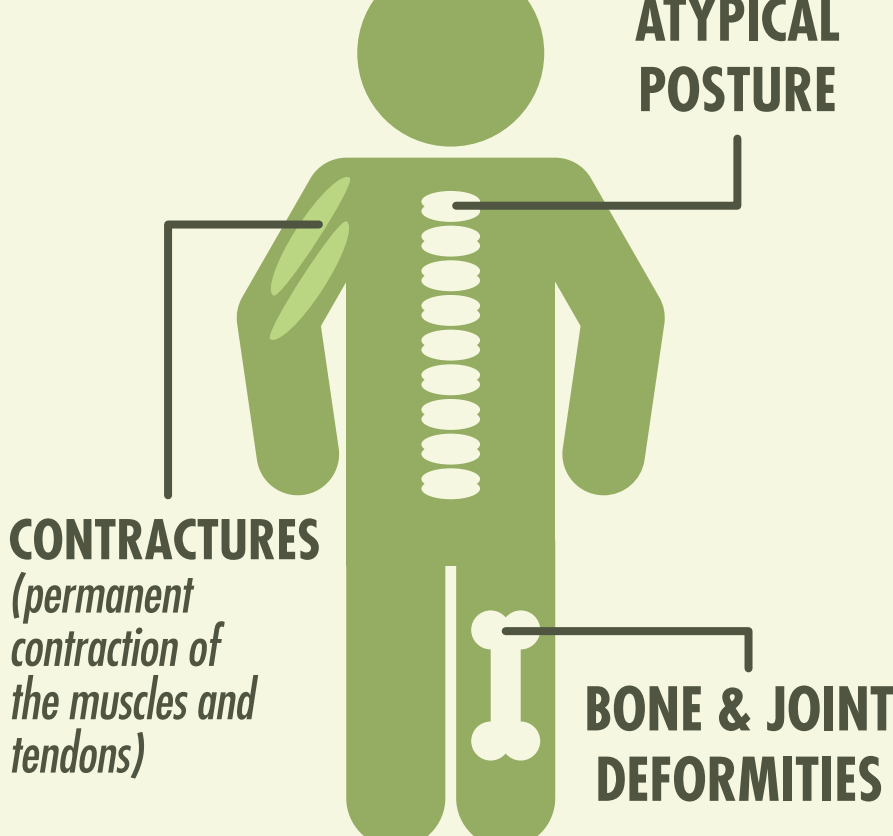


Increase healthcare costs by as much as 4-fold



In some populations increase burden on caregivers and increase levels of depression compared with other caregivers

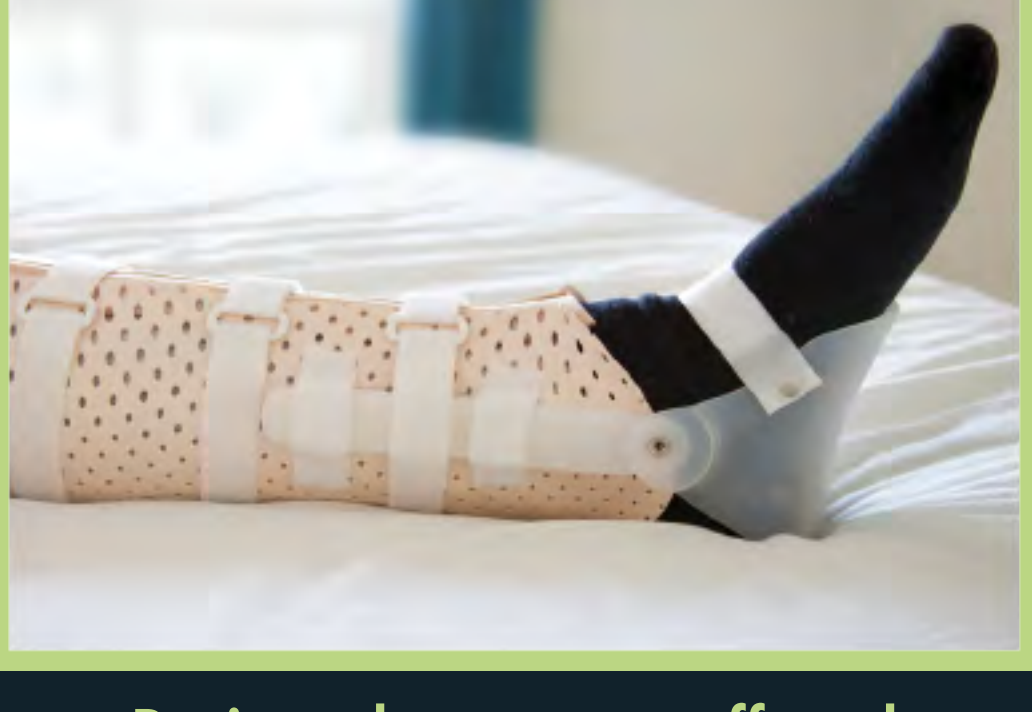
## COMPLICATIONS CAUSED BY SPASTICITY:



## TREATMENT

While there is no cure, a combination of therapies and medications can be used to treat the symptoms of spasticity, allowing patients to regain independence and resume normal daily activities.

### TREATMENT OPTIONS INCLUDE:



Putting a brace on an affected limb or joint



Frequent movement and repositioning of body parts



Gentle stretching of tighter muscles



Range-of-motion exercises



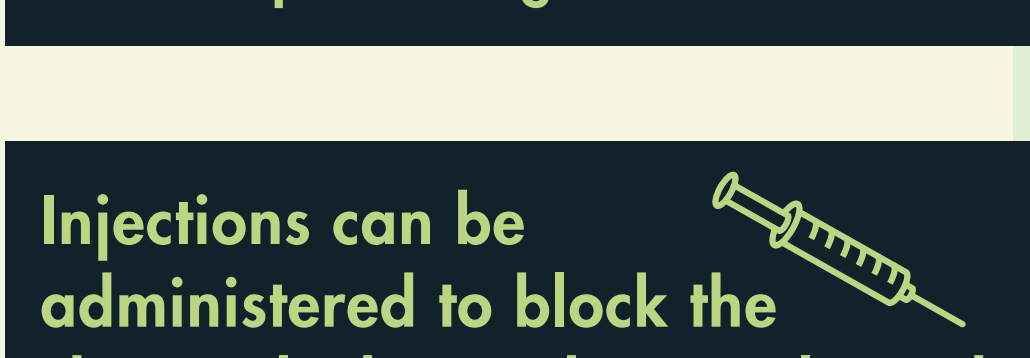
Oral medications are available to treat the effects of spasticity



Surgery on the muscles or tendons and joints may block pain and improve range of motion



ITB Therapy - A programmable, surgically placed, battery-powered medical device that stores and delivers medication to treat some of the symptoms of severe spasticity



Injections can be administered to block the chemicals that make muscles tight