

# SPASTICITY CHECKLIST

## FOR INDIVIDUALS WITH BRAIN INJURY

#1

YES

Have you been diagnosed with a brain injury?

NO

If so, when? \_\_\_\_\_

#2

YES

Do you experience stiff, tight muscles or an inability to relax your muscles? Please describe.

NO

\_\_\_\_\_  
\_\_\_\_\_

#3

YES

Have your joints become tight, difficult to move, and painful over time? Please describe.

NO

\_\_\_\_\_  
\_\_\_\_\_

#4

YES

Do you experience muscle spasms (involuntary muscle movement)? Please describe.

NO

\_\_\_\_\_  
\_\_\_\_\_

#5

YES

Are muscle stiffness or spasms interfering with your ability to walk and/or perform self-care?

NO

\_\_\_\_\_  
\_\_\_\_\_

This checklist has been produced by the Brain Injury Association of America (BIAA) as a resource for individuals with brain injury who may be experiencing spasticity, a common symptom of brain injury. Consult with your physician if you suspect you are experiencing spasticity.

**For more information, please visit [BIAUSA.org](http://BIAUSA.org).**



**BRAIN INJURY  
ASSOCIATION**  
OF AMERICA