

Comprehensive Spasticity Management PROGRAM



ADDUCTED THIGHS



ADDUCTED,
INTERNALLY
ROTATED
SHOULDER



EQUINOVARUS FOOT

Regional Rehabilitation Centre
300 Wellington Street North, 1st Floor
Hamilton, Ontario L8L 0A4

PLEASE NOTE: Parking is located across the street Wellington Street from the Regional Rehabilitation Centre.



REFERRALS

The Comprehensive Spasticity Management Program at Hamilton Health Sciences requires a physician referral.

For more information, or to make a referral please call:

Tel: 905-521-2100 ext. 40803
Fax: 905-577-8231

Comprehensive Spasticity Management PROGRAM

Assessing and treating
spasticity through an
inter-professional
team approach

What is Spasticity?

Spasticity is a condition that leads to stiff or tight muscles which look like they're permanently contracted. Spasticity is associated with the following disorders:

- ▲ Stroke
- ▲ Brain Injury
- ▲ Spinal Cord Injury
- ▲ Multiple Sclerosis
- ▲ Cerebral Palsy

WHY TREAT SPASTICITY?

Commonly spasticity is treated to improve function in domains such as self care, transfers and mobility. As well, spasticity treatment may reduce pain, improve limb positioning, as well as assist in the management of contractures. The consequences of inadequate spasticity management is significant both in terms of health care costs and impact on quality of life.

HOW IS SPASTICITY TREATED?

The optimal treatment of spasticity involves an interdisciplinary approach including: active and passive physical treatments, splinting and/or serial casting, oral medications, chemodenervation and in some cases more invasive treatments such as intrathecal baclofen pumps and other surgical procedures.

The foundation of an effective spasticity management is expert clinical assessment. This requires an interdisciplinary team, where each member contributes to the formulation of the treatment plan.

The optimal management strategy includes the appropriate selection of physical interventions, pharmacological approaches, and procedural treatments.

COMPREHENSIVE SPASTICITY MANAGEMENT PROGRAM

The Goal of the Comprehensive Spasticity Management Program is to improve the quality of care for patients challenged with spasticity. Treatments are based on the specific needs and goals of each patient. The interdisciplinary team includes, psychiatry, nursing, occupational therapy, physiotherapy and orthotics.

The Regional Rehabilitation Centre is a regional and provincial centre for the care of individuals with disabilities. Spasticity is a common condition that affects many patients treated at the HHS Regional Rehabilitation Centre.

TREATMENT OBJECTIVES

Treatment objectives are based on the specific needs of individuals with spasticity and will address one or more of the following:

- ▲ Reduce pain and discomfort
- ▲ Prevent skin breakdown and pressure ulcers
- ▲ Increase independence in self care activities
- ▲ Improve fit and function of orthoses
- ▲ Improve patient transfers and positioning
- ▲ Improve limb positioning
- ▲ Reduce caregiver burden
- ▲ Improve quality of life

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