

Spasticity Management Program



Patients with brain and spinal cord injury damage often suffer from different degrees of muscle spasm during the process of rehabilitation. It influences patients' function and the rehabilitation progress. Thus treatment of muscle spasm is one of the important goals of the NTWC Neurorehabilitation Team.



What is spasticity?

Spasticity causes muscles overacting, stiffness and/or tightness. The stiffness or muscle tightness cause difficulty in movements. The degree and location of spasticity differ with each individual but it usually occurs in the limbs. It can affect any part of the body including the trunk, neck, eyelids, face, or vocal cord. There are about thirty percent of stroke patients suffering from spasticity.

What are the common causes of spasticity?

1. stroke
2. traumatic brain injury
3. spinal cord injury
4. brain tumor
5. hypoxic brain injury
6. multiple sclerosis
7. cerebral palsy

Common symptoms:

1. increase muscle tone
2. muscle tightness, stiffness or pain
3. involuntary movement of muscle
4. spasms
5. clonus
6. spastic, muscle contractions

Common signs of spasticity:



When does spasticity develop?

Symptoms usually appear a few weeks after brain and spinal cord damage, it may also occur within a few months or even after one year.

If untreated, it will cause:



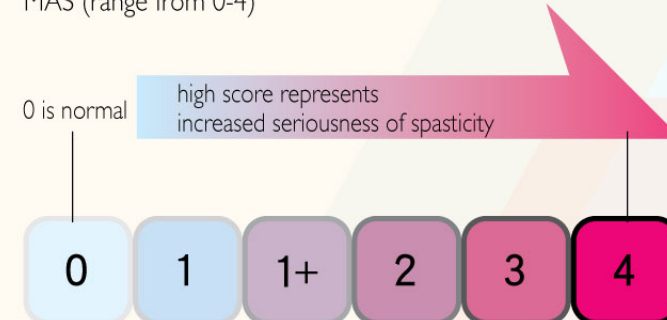
Spasticity can affect various aspects of daily life:

1. Daily activities such as eating, getting dressed
2. Mobility, ability to walk
3. Sitting posture
4. Quality of sleeping
5. Joint pain by active or passive movements
6. Personal hygiene

How to evaluate the level of spasticity?

It can be assessed by physicians, physiotherapists and occupational therapists. They will analyse the level of spasticity via by gait analysis and Modified Asthworth Scale(MAS).

MAS (range from 0-4)



Treatment goal:

1. Increase independence in self-care activities
2. Improve limb positioning and gait pattern
3. Relieve the signs and symptoms of spasticity
4. Reduce pain and discomfort in stiff muscle
5. Reduce problems associated with participation in daily activities such as feeding, bathing, dressing
6. Less burden for carers
7. Improve fitness and functioning of orthoses
8. Improve quality of life

About us:

The Spasticity Management Program in NTWC offers medical evaluations, treatment options and supports from a team of specialists helping patients control their spasticity and improve their function. The treatments are tailor-made to each patient in order to achieve optimal outcome.

The members are:

