

POST-STROKE SPASTICITY

What You Need to Know

Have you experienced any of the following symptoms?

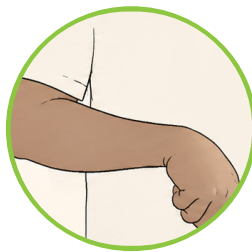
- Painful muscle spasms or cramping
- Stiffness or tightness in your arm, hand, leg, or foot
- Your elbow, wrist, or fingers curling inward uncontrollably
- Your foot pointing down or your toes curling uncontrollably



Thumb in Palm



Bent Wrist



Pronated Forearm



Clenched Fist



Toes Curling

If so, you might be experiencing spasticity.

After a stroke, some muscles can become stiff, tight, or hard to control. This is called spasticity, and it is more common than you might think. Spasticity happens because a stroke can disrupt the brain signals that control your muscles.

With spasticity, you might find it harder to:

- Think, concentrate, and remember things
- Hold items, get dressed, or manage everyday tasks
- Walk, use the stairs, or move around
- Carry out leisure activities, hobbies, or work
- Get through the day without feeling tired or needing to rest
- Have a restful night's sleep

Did you know?

Some other words that describe these symptoms are: hypertonicity, high tone, hypertonia, muscle spasm, muscle rigidity, muscle tonus, or muscle hyperactivity.

What can you do about **SPASTICITY SYMPTOMS?**

See your family doctor right away if you notice any of the changes above. Early treatment can help reduce stiffness, improve movement and prevent muscles and joints from becoming tighter.

Every stroke is unique, so there is no 'one solution fits all. Spasticity can show up immediately after a stroke, or months to years later. It is never too late to seek help.

If you think you are experiencing spasticity:

1. Visit this website for more information, using the QR code or this URL:

patientvoice.io/post-stroke-spasticity

2. Click '**Download Self-Assessment Guide**' from the header
3. Compare your symptoms to the list
4. Bring the page with you to your doctor



Your doctor may recommend one or more of the following:

- **Physiotherapy:** To design exercises to help improve functionality, reduce pain, and enhance mobility
- **Splints:** To immobilize and support a body part to reduce involuntary movements
- **Botox injections:** To help relax stiff muscles
- **Massage:** To improve muscle tone and relieve pain
- **Medications:** To relieve muscle spasm, relax muscles, or manage pain

**You deserve to get answers to your questions.
Asking can be difficult, but you have a right to get
the treatment you need.**