

Patient information

Medical Management of Spasticity

Therapies Department

Introduction

This leaflet has been put together by the Ward 5 Rehabilitation Unit to give to patients who are considering medical management of their spasticity.

This leaflet will focus on the medical management of spasticity via Botulinum toxin injection and will hopefully answer any questions you may have. If you are experiencing symptoms of spasticity, you will already be participating in a multidisciplinary management programme.

No patient is the same and this also applies to their spasticity management. Your rehabilitation team along with your Consultant will discuss your case at length before suggesting a management plan.

Following a period of assessment, your team may advise that you consider medication via local injection. This is commonly known as Botulinum toxin and can complement your existing treatment plan.

What does this process involve?

You will need to meet with the doctor or appropriate professional who will be prescribing the medication.

They'll want to fully understand your medical history and reasons for wanting the treatment. This assessment will help to identify your goals for the treatment. The professional will then discuss in length the proposed treatment plan.

You may be familiar with the word Botulinum toxin, it is used to treat a variety of conditions and can often referred to as Botox.

My goals for botulinum toxin treatment are as follows:

What are the benefits of local injection

Botulinum toxin injections are now recognised as the first line of treatment in the management of localised spasticity.

This local injection aims to relax the affected muscles and aid symptom relief of your presenting problem.

It is a prescription-only medicine that should only be prescribed and given by an appropriately trained healthcare professional, such as a doctor or a medical prescriber.

Local anaesthetic isn't usually needed. Your skin is cleaned and small amounts of botulinum toxin are injected into the muscles identified as requiring treatment. It takes about 10 minutes. The injections may be a little painful. Most people tolerate the discomfort well.

What are the risks and side effects associated with injection?

Some people can experience; bleeding, pain or bruising at the injection site.

Medications have the potential to cause side effects, but not everyone will experience them.

Some people can experience a rash or temporary muscle weakness. Some may also experience flu like symptoms.

In some rare cases, swallowing problems have also been noted.

If you experience any side effects, they may subside over time or if concerned please seek medical attention.

What will happen if I decide not to have the treatment?

If you decide not to have the proposed treatment, you may continue with your current management plan. Alternative options may be also offered.

Each individual case is unique and therefore your treating team will discuss personalised options with you in more detail.

My alternative treatments options are as follows:

When will you see improvement?

You may not see any difference straight away. It can take about three to five days before the injections take effect, and often three weeks for the full effect to be seen.

The effects generally last for about twelve weeks. However your treating professional will review your progress and determine jointly with yourself the future treatment plan.

Please use the below line to record your symptom relief post injection

Rating your symptom relief from 0-10 (0 representing not effective and 10 beneficial)

This information can be used as a discussion point in your next follow up session.

Optimising medical management

The toxin is only licenced to be given every 12 weeks. Some people may only need one course of injections, while others may benefit from a repeated course. This will be discussed as part of your consultation.

In addition to the injection, often advice and education may be given by the treating team. This can include advice on positioning, stretches and exercise in order to optimise the treatment. This will be discussed during your consultation.

What follow up will I receive?

Your treating team will review your progress and determine jointly with yourself the future treatment plan. This will occur at your follow-up consultation appointment and this will be discussed accordingly with the professional prescribing the medication.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

BGH Ward 5

The Phoenix Rehabilitation Unit

Tel: 0151 282 6766

Text phone number: 18001 0151 282 6766

Useful Telephone Numbers

MS Trust

Tel: 01462 476 700

Stroke Association Helpline

Tel: 0303 303 3100

SCOPE (Cerebral Palsy) Helpline
Tel: 0808 800 3333

British Brain and Spine Foundation Helpline
Tel: 0800 808 1000

The Bladder and Bowel Foundation Helpline
Tel: 0845 345 0165

Useful Websites:

- <https://strokefoundation.org.au/About-Stroke/Help-after-stroke/Stroke-resources-and-factsheets>
- <https://www.ninds.nih.gov/Disorders/All-Disorders/Spasticity-Information-Page>
- <https://support.mstrust.org.uk/file/spasticity-care-pathway.pdf>

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعة الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونية.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل میتوانيد کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نهخوشانهی له لایین تراستهوه پسهند کراون، نهگه داوا بکرنیت له فۆرماتهکانی تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهواره، شربیتی دهنگ، هیلی موون و ئهلیکترۆنیکه هیه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.