

Checklist for people with spasticity

This checklist can help you to better understand your spasticity and contribute to an open, productive conversation with your professional.

1. Are you experiencing any of these symptoms?
 - Tightness in limbs, cramps
 - Muscle spasms (involuntary movement)
 - Distorted muscles and/or limbs
 - Other.....
2. How long has it been since the onset of your spasticity?
Years, Months, Weeks
3. How often are you experiencing these symptoms-?
Monthly, weekly, daily, constantly.
4. Which part of your body is affected by spasticity?
5. If you're experiencing muscle spasms, please indicate the location.
Arms, Legs, Hands, Feet, Neck, Other.....
6. If you are experiencing tightness, spasm- how severe is your symptoms in the scale of 0 to 10 (10 being severe).
7. What triggers your symptoms?
Changing posture, lying, sitting, standing, walking, other.....
8. If you are experiencing pain or discomfort
 - How would you describe the symptoms- painful spasm, pain with movement, burning pain, heaviness, other.....
 - How often are you experiencing pain? Monthly, weekly, daily, constantly.
 - Location of pain
 - Severity of pain
 - Any movement or posture triggering pain ?
9. Do you feel fatigue due to spasticity?
10. Does spasticity lead to falls? If so, describe:

11. Which daily activities are impacted by pain or spasticity?

- Eating
- Sleeping
- Bathing
- Dressing
- Toilet use
- Walking
- Exercise
- Using splints
- Household chores or shopping or Recreational activities
- Employment, Working at computer, reading, writing, art work
- Driving
- Other.....

12. Have you tried any treatment to reduce spasticity and pain?

- Oral medication to help relax the nerves and muscles
- Targeted injections of Botulinium toxin
- Neurological or Orthopaedic surgeries.
- Pain medications prescribed
- Pain medications over the counter
- Task training
- Muscle Strengthening
- Stretching and exercise
- Relaxation techniques
- Frequent movement and repositioning of body parts
- Hydrotherapy
- Electrical stimulation (NMES or FES)
- Taping
- Massage therapy
- Orthotics/splints/positioning cushions
- Cooling or warming the area as recommended
- Compression stocking
- Other alternative treatments

13. What barriers to spasticity management have you faced, if any?

- Side effects from medications- E.g. Drowsiness, whole body feeling tired
- Repeated infections or pressure sore triggering spasticity
- Difficulty to perform positioning/exercises
- Lack of access to Physiotherapy or Occupational therapy
- Not aware of treatment options
- Other.....