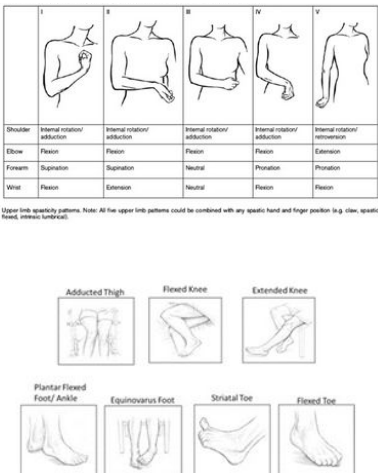


# Management of Spasticity After Stroke Checklist

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The Management of Spasticity After Stroke Checklist has been developed to assist the healthcare team, doctors and allied health professionals, in managing spasticity for post-stroke patients. The checklist is meant for usage both in the inpatient and outpatient setting. This activity is part of the World Stroke Academy Life After Stroke project, that aims to improve the quality of support and educational material available globally on the topic of Life After Stroke.

	Question	Answer selection
1	<p>Is spasticity present?</p>  <p>Upper limb spasticity patterns. Note: All the upper limb patterns could be combined with any specific hand and finger position (e.g. claw, spastic hand, intrinsic tightness).</p>	<p><input type="radio"/> Yes</p> <p><input type="radio"/> No</p>
2	<p>Time since onset of spasticity</p>	<p><input type="text"/> days</p> <p><input type="text"/> weeks</p> <p><input type="text"/> months</p> <p><input type="text"/> years</p>

3	<p>Which part of the body is affected by spasticity? Check all that apply:</p>	<div data-bbox="826 53 1533 179"> <input type="checkbox"/> Orofacial         </div> <div data-bbox="826 199 1533 719"> <p>Upper limb</p> <p>Either one region or a mixture of locations:</p> <div data-bbox="1058 320 1246 651"> <input type="checkbox"/> Shoulder  <input type="checkbox"/> Elbow  <input type="checkbox"/> Arm  <input type="checkbox"/> Forearm  <input type="checkbox"/> Wrists  <input type="checkbox"/> Fingers         </div> </div> <div data-bbox="826 739 1533 1133"> <p>Lower Limb</p> <p>Either one region or a mixture of locations:</p> <div data-bbox="1058 860 1214 1077"> <input type="checkbox"/> Hip  <input type="checkbox"/> Knee  <input type="checkbox"/> Ankle  <input type="checkbox"/> Toes         </div> </div>
4	<p>Distribution of spasticity?</p>	<div data-bbox="826 1149 1533 1236"> <input type="radio"/> Bilateral         </div> <div data-bbox="826 1256 1533 1344"> <input type="radio"/> Unilateral         </div>
5	<p>Does the spasticity cause pain?</p>	<div data-bbox="826 1359 1533 1447"> <input type="radio"/> Yes         </div> <div data-bbox="826 1467 1533 1554"> <input type="radio"/> No         </div>
6	<p>Is the spasticity associated with fatigue?</p>	<div data-bbox="826 1570 1533 1657"> <input type="radio"/> Yes         </div> <div data-bbox="826 1677 1533 1765"> <input type="radio"/> No         </div>
7	<p>Is the spasticity associated with spasms?</p>	<div data-bbox="826 1780 1533 1868"> <input type="radio"/> Yes         </div> <div data-bbox="826 1888 1533 1975"> <input type="radio"/> No         </div>
8	<p>Does the spastic limb have contractures?</p>	<div data-bbox="826 1991 1533 2078"> <input type="radio"/> Yes         </div> <div data-bbox="826 2098 1533 2186"> <input type="radio"/> No         </div>

9	Does spasticity limit patient care or activities of daily living ?(Examples are hygiene, grooming, dressing and feeding)	<div><input type="radio"/> Yes</div> <div><input type="radio"/> No</div>
10	Does spasticity limit mobility ?(Examples are transfer, gait, standing)	<div><input type="radio"/> Yes</div> <div><input type="radio"/> No</div>
11	Does spasticity limit patient in any other Activity or Participation? Examples are leisure activities, driving, employment, social, family and professional participation)	<div><input type="radio"/> Yes</div> <div><input type="radio"/> No</div>
12	What are the treatments given for spasticity?	<div>Stretching<input type="text"/></div> <div>Range of motion exercises<input type="text"/></div> <div>Physical modalities<input type="text"/></div> <div>Oral medication<input type="text"/></div> <div>Botulinum toxin injection<input type="text"/></div> <div>Casting<input type="text"/></div> <div>Intrathecal baclofen<input type="text"/></div> <div>Surgery<input type="text"/></div>
13	Is the patient compliant to spasticity treatment?  Stretching  Medications  Orthosis usage	<div><div><input type="radio"/> Yes</div><div><input type="radio"/> No</div></div> <div><div><input type="radio"/> Yes</div><div><input type="radio"/> No</div></div> <div><div><input type="radio"/> Yes</div><div><input type="radio"/> No</div></div>

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

Difficulty to access a spasticity specialist

☐ Yes

☐ No

Difficulty to perform positioning/exercises

☐ Yes

☐ No

Lack of access to occupational or physical therapy

☐ Yes

☐ No

Others, please state:

## Treatment options for spasticity:

### 1. NONPHARMACOLOGIC TREATMENT OF SPASTICITY

- ☐ Stretching
- ☐ Fitting of splints/braces and serial casting
- ☐ Thermotherapy
- ☐ Neuromuscular electrical stimulation (NEMS)
- ☐ Functional electrical stimulation of upper and lower extremity
- ☐ Kinesiotherapy (PT/OT)
- ☐ Muscle strengthening
- ☐ Task training
- ☐ Aerobic training
- ☐ Use of robotics
- ☐ Use of virtual reality

### 2. PHARMACOLOGIC TREATMENT OF SPASTICITY

- ☐ Oral medications (Baclofen, Tizanidine, Dantrolene, Diazepam)
- ☐ Phenol/alcohol neurolysis
- ☐ Botulinum toxin
- ☐ Intrathecal baclofen
- ☐ Cryoneurolisis

### 3. SURGICAL TREATMENT OF SPASTICITY

- ☐ Orthopedic procedures
- ☐ Neurosurgical procedures

#### References

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