

Spasticity Management

At Hunters Moor we are very aware that spasticity is a common problem as a result of a neurological injury or disorder and can cause many difficulties for clients.

Spasticity can affect mobility and the carrying out of functional activities, such as dressing and washing. It can also make carrying out personal care for clients difficult for nursing staff and carers. It is associated with other symptoms such as spasms and pain. If left untreated it can cause many complications, including pressure sores, contractures and poor positioning.

We have extensive experience within our team in managing spasticity. Professor Barnes is a leader in spasticity management and has spoken at many international conferences on the subject. Michelle Kudhail is a physiotherapy injector of botulinum toxin and one of the first physiotherapists qualified to prescribe anti-spasticity medication. Systemic medications, such as baclofen, are used to manage generalised spasticity. Regional spasticity can be managed with phenol injections or a baclofen pump. Localised or focal spasticity is effectively targeted with the use of botulinum toxin injections. We have all the skills and experience necessary to manage spasticity and it is important that a holistic approach is taken when assessing and carrying out a management plan.

It is vital to ensure appropriate therapy is carried out to maximise the benefits of the medical management of spasticity. This includes advice on positioning, provision of appropriate equipment, making of casts and splints to stretch the affected muscles and carrying out functional activities. Nursing staff and Rehabilitation Assistants have a key role in ensuring the care plans are carried out to provide continuity of the management plan, to monitor the effectiveness of the treatment and to prevent further complications.



We are very happy to provide further information.

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