

Don't Take Spasticity

Communicate your goals at your next doctor's appointment to help determine the right treatment plan for you.

There are different types of treatment goals you can discuss with your care team. Write in some of your own below.

MOVEMENT GOALS

Are there areas in the body where you'd like to gain more motion, or feel less stiff and tight?

Example: "I would like to be able to relax and extend my left arm."



FUNCTIONAL GOALS

Are there daily activities or routine actions you would like to improve?

Example: "I would like to be able to dress myself in the morning."



Talk about treatment options with your doctor to find the right ones for you.



Physical or occupational therapies to help improve function and independence



Oral medications to relax muscles in the entire body



Injections for when spasticity has developed in areas of the body

Print this guide and bring to your next appointment with your spasticity specialist.