

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 the available Adult Spasticity 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

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