
Comprehensive Spasticity Management Clinic

About spasticity

Spasticity is a common and debilitating condition experienced by people with multiple sclerosis, spinal cord injury, cerebral palsy, acquired brain injury, stroke and other neurological conditions. It is a disorder of the central nervous system that causes muscles to continually contract. The degree and location of spasticity varies for each person, but it can range from mild muscle stiffness with minimal impact on function, to severe and painful joint and muscle breakdown and spasms.

Spasticity interferes with movement, makes it difficult to perform daily activities, and often worsens over time. Prolonged spasticity can result in changes in the soft tissues surrounding a joint and the alignment of the joint itself. Cold weather, fatigue and multitasking can increase spasticity. Managing spasticity is challenging and requires an individualized, interprofessional approach.

About Toronto Rehab's Comprehensive Spasticity Management Clinic

Toronto Rehab offers a specialized spasticity management clinic that provides timely access to a full range of individualized treatment options and ongoing follow-up. Through the clinic, an interprofessional team of health care professionals provides patients with leading-edge assessment, consultation and treatment that includes, as appropriate:

- physical and occupational therapy
- maintenance of proper joint positioning
- management of contracture
- stretching and exercise programs
- analysis of the effectiveness of braces, splints and mobility equipment
- on-site fabrication of splints and casts
- coordination with external casting and bracing suppliers
- gait training
- consultation with community service providers
- oral and injectable anti-spasticity medications, including botulinum toxin

Dedicated to patient care, research and education, the clinic team integrates best practice into rehabilitation care to ensure that patients are always receiving the most innovative treatment.

over

Who can benefit from the clinic

Toronto Rehab's Comprehensive Spasticity Management Clinic can benefit anyone who has spasticity that:

- limits their function
- creates issues with seating or positioning
- causes pain
- increases the risk of secondary complications (e.g. skin breakdown or decreased range of motion).

Eligibility criteria

The eligibility criteria for the clinic are:

- a diagnosis of stroke, brain injury, multiple sclerosis, cerebral palsy, spina bifida, or other neurological condition(s)
- symptoms of spasticity in the upper and/or lower limbs
- functional limitations as a result of spasticity (e.g. gait, movement, skin hygiene, completion of everyday activities, caregiver assistance, etc.)
- the potential for treatment to reduce pain, maintain joint alignment, prevent joint contracture, facilitate proper seating/positioning, and/or promote skin integrity
- the ability to identify specific goals for spasticity intervention and to attend the clinic regularly for therapy
- a physician referral

Locations

The Comprehensive Spasticity Management Clinic operates out of two Toronto Rehab locations: University Centre (550 University Avenue, between College and Dundas Streets) and Rumsey Centre (345 Rumsey Road, near the intersection of Bayview and Eglinton Avenues).

Directions and parking information are available at www.torontorehab.com.

For more information

For more information about Toronto Rehab's Comprehensive Spasticity Management Clinic or to obtain a referral form, contact the service coordinator at 416-597-3422, ext. 7009. You can also visit www.torontorehab.com.