

# UHN Intrathecal Baclofen (ITB) Program

**For patients with severe spasticity**

Read this pamphlet to learn more about:

- how we can help with your severe spasticity
- who we are and what we do
- where we are located
- how to get referred
- who to contact for more information



## What is spasticity?

Spasticity is caused by damage to the part of the brain or spinal cord that controls your voluntary movements. Messages from the brain or spinal cord may not reach your muscles or may be changed, causing **increased tone** (muscle tightness) or **spasms** (muscle jerks, uncontrollable movements).

## How can we help with your severe spasticity?

### What is ITB therapy?

Intrathecal Baclofen (ITB) therapy is a treatment option that delivers medication directly to the fluid surrounding the spinal cord. A surgeon implants a programmable pump and catheter so you can receive the medication.

### Is ITB therapy the right treatment for you?

- You have severe spasticity that interferes with your daily activities, care or positioning.
- Your spasticity is not well controlled by your medications. These medications might include: Baclofen, Tizanidine, and/or Dantrolene.
- Your spasticity is not well controlled by any other treatment you have tried (for example, Botulinum toxin injections).
- You have side effects from the spasticity medications that are not possible to manage (for example, sleepiness or mental confusion).

### Who we are

Our team of clinicians includes:

- a physiatrist (rehab doctor)
- nurse coordinator
- social workers
- physiotherapists
- anesthesiologists
- neurosurgeons

This team works together to ensure our candidates will have the best outcomes from this treatment.

## What we do

- Our program offers ITB therapy to patients with severe spasticity who have tried other treatment options (such as medication taken by mouth) that did not help.
- We offer treatment to patients with severe spasticity due to: spinal cord injury, multiple sclerosis, cerebral palsy, brain injury, and stroke, among other conditions.

## Where do I find the Intrathecal Baclofen clinic?

Most visits including initial consultation and long term follow-up are located at:

- Lyndhurst Centre, Toronto Rehab, 520 Sutherland Dr.

Some assessment visits, surgery and emergency services occur at:

- Toronto Western Hospital, 399 Bathurst St.

## How do I get referred to the ITB program?

Please  
note!

**Your doctor must complete our Intrathecal Baclofen (ITB) clinic outpatient referral form**

## Who do I contact for more information?

Intrathecal Baclofen (ITB) Program Nurse Coordinator

Phone: 416 597 3422 extension 5764

Fax: 416 597 7177

Email: [itb@uhn.ca](mailto:itb@uhn.ca)\*

\*Please note: Patients will be asked to sign an email communication consent form.

Visit [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca) for more health information. Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: [pfep@uhn.ca](mailto:pfep@uhn.ca)

© 2020 University Health Network. All rights reserved. Use this material for your information only. It does not replace advice from your doctor or other health care professional. Do not use this information for diagnosis or treatment. Ask your health care provider for advice about a specific medical condition. You may print 1 copy of this brochure for non-commercial and personal use only.