

Spasticity Management Clinic

at Toronto Rehab

Are you living with:

- a stroke?
- an acquired brain injury?
- multiple sclerosis?
- cerebral palsy?
- a spinal cord injury?
- any other neurological conditions?

If you are, you may have spasticity.



What is spasticity?

Spasticity is a condition where your muscles become tight and difficult to move. Some people only have mild muscle stiffness, while in others the stiffness can become severe. Others have painful joints and muscle spasms.

Spasticity can affect your quality of life because it can:

- cause pain
- lead to skin problems
- cause joint stiffness
- lead to weakness

It can make it hard to:

- sit comfortably
- wash your hands, have a bath or get dressed
- get in and out of bed, move your wheelchair or walk safely

How can the spasticity clinic help?

Our spasticity clinic has services to help you manage muscle spasms and tightness.

These may include:

- physical and occupational therapy as needed
- stretching and exercise programs to manage spasticity independently

Our clinic may be able to help you walk better and sit more comfortably. We will teach you how to keep your spastic muscles flexible.

We can also:

- make sure that your braces, splints and walking aids are working for you
- make new splints and casts on-site or work with cast and brace makers off-site
- consult with other services in the community that can help you
- prescribe medication or injections to reduce spasticity

How can I get an appointment?

Ask your doctor for a referral to the clinic. After we receive the referral, we will give you an appointment.

What do I need to bring?

- your health card (OHIP)
- a list of all your current medications
- any braces and splints that you may be using
- wear loose pants that can be rolled up, or bring a pair of shorts
- current exercises if you have a copy



What can I expect?

Your appointment will take about 1 to 2 hours.

You will meet with a doctor and a nurse. You may also meet with an occupational and/or physiotherapist, if needed. We will arrange more appointments if you need them.

To get the most from your visit:

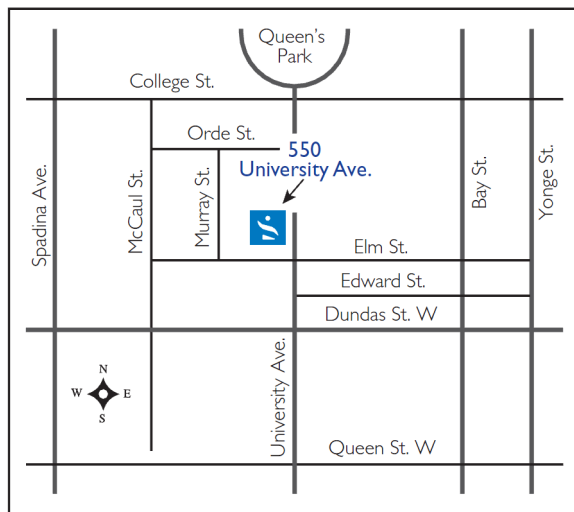
- ✓ Tell us about your goals. What do you want us to help with? What do you want to improve?
- ✓ Participate in your treatment sessions.
- ✓ Follow the plan we make together.
- ✓ Ask questions.

It's important that you attend your clinic and therapy appointments to get the most from your treatment.

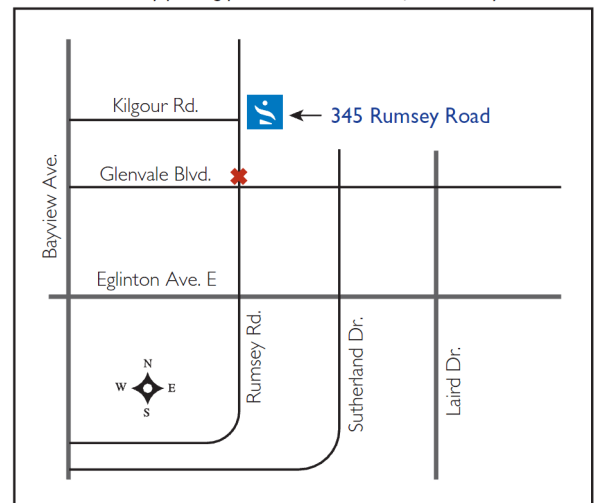
We offer clinic appointments at two Toronto Rehab locations:

University Centre
550 University Avenue
Toronto, ON M5G 2A2
(corner of Elm and University)
Clinic Phone: 416 597-3422 ext. 7009
Clinic Fax: 416-597-7172

Rumsey Centre
345 Rumsey Rd.
Toronto, ON M4G 1R7
(close to Bayview and Eglinton)



✖ Please note: only parking passholders can access from Rumsey Road



[Referral forms](#) are available by fax or over the internet.

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Form: D-5865 | Author: Spasticity Management Clinic, Toronto Rehab | Revised: 11/2018