

**Astley Ainslie Hospital, Edinburgh, EH9 2HL**

Please take time to read this leaflet before your appointment.

## Welcome

Welcome to the Lothian Spasticity Management Service. This is a multi-disciplinary service where you will meet the following professionals from our team:

- Consultant in Rehabilitation Medicine
- Specialist Nurse
- Specialist Physiotherapist.

As Astley Ainslie is a teaching hospital, there may be other professionals in the clinic learning about spasticity. You will always be asked if you are happy to have this person join your appointment.

## What is spasticity?

Spasticity is caused by damage to the brain or spinal cord. This may be due to conditions such as brain injury, cerebral palsy, multiple sclerosis and stroke. Muscles become over-active, causing tightness, stiffness and spasms.

How body parts are affected by spasticity depends on the area and degree of damage to the brain or spinal cord.

These physical effects can range from mild stiffness to painful spasms. Spasticity can affect a small area of the body, such as an ankle or a hand, or a greater part of the body.

Spasticity can make activities difficult. Difficulties may include moving in bed, washing and dressing and walking.

## About your first appointment

The Spasticity Management team aim to assess and, where possible, treat troublesome spasticity. This appointment may last up to one hour.

At your first clinic appointment you can expect the following:

- Questions about how spasticity affects your day to day life
- Questions about what makes your spasticity worse
- Questions about what you hope treatment may achieve
- A physical examination to help us understand your spasticity
- A discussion to explore a treatment plan and to set realistic goals with you.

Others have told us that it is useful to think about these points to prepare for your appointment.

**Please turn over for more important information**

## What should you bring with you?

If you use any of the following, please bring them to your appointment:

- A list of all medications you are taking at the moment
- Hoist sling
- Hand or foot splint
- Communication aid.

It is helpful to wear loose-fitting, comfortable clothing to make physical examination easier.

You might find it useful to bring an appropriate person to support you at your appointment.

We look forward to meeting you.

If you have any questions about your appointment, please contact:

Medical Secretary for the Spasticity Management Service  
Astley Ainslie Hospital  
Telephone: **0131 537 9044**

## Keeping your appointment

If you cannot keep your appointment or need to change it, please telephone the number on the appointment letter or the number given above. Your call will give someone else the chance to be seen and will help us keep waiting times to a minimum.