

# Specialist spasticity management service

**This leaflet explains more about the specialist spasticity management service. If you have any further questions, please speak to someone in the team.**

## What is the specialist spasticity management service?

We aim to provide a full, integrated service for people with increased tone, stiffness or spasms (spasticity). People with spasticity often have complex needs which require multi-disciplinary assessment and ongoing management. We are a multidisciplinary service run by rehabilitation and neurology consultants and specialist physiotherapists who have strong links with other services.

## Who can attend the service?

We will see anybody with spasticity. Spasticity can happen due to stroke, spinal cord injury, multiple sclerosis, head injury, cerebral palsy or other neurological conditions. We need a referral from a health professional (e.g. a GP, neurologist or physiotherapist). Once we receive a referral, you will be put on a waiting list for your first appointment.

## What do we offer?

You will be seen at an assessment clinic to see what your needs are and to agree on a management plan. This may include:

- identifying and managing trigger factors for spasticity
- advice about physical management of spasticity (e.g. stretches)
- spasticity medication
- botulinum toxin injections (with the option of EMG or ultrasound guidance where necessary)
- talking about other options for managing spasticity
- referral on to the intrathecal spasticity management clinic if needed
- liaison and joint working with other services as needed (see below).

## Who else do we work with?

We are a fully integrated service and have close links with the following teams:

- orthotics service (joint sessions where needed)
- the gait laboratory at Queen Mary's Hospital for movement analysis and functional electrical stimulation (joint sessions where needed)
- the upper limb orthotics clinic
- radiology - we are able to perform procedures under radiological guidance when needed
- local community teams - your therapist is always welcome to attend your spasticity appointment with you.

## Where do I need to go?

Your appointment will be at:

**The Vitali clinic, Queen Mary's Hospital, Roehampton Lane, SW15 5PN**

Please report to the main reception desk on the lower ground floor of the hospital when you arrive. Spasticity clinics are busy and you may have to wait a while to be seen.

## What will happen when I attend clinic?

Most assessment clinic appointments last 45 minutes and follow up appointments are 30 minutes.

Your medical history and your problems with movement will be checked. Please wear comfortable, loose clothing.

We will talk through a treatment plan and in some cases treatment might be finished within this assessment appointment.

## What do I need to bring with me?

Please think about the main problems caused by your spasticity and what you hope to get out of your clinic appointment. It is also useful if you can give us any information on previous treatments or interventions which have helped you.

Please also bring the following to your appointment:

- any splints or walking aids you use
- a list of all your medicines
- any therapy reports you have been given.

Please feel free to bring along a friend, family member or carer to the appointment.

## Contact us

If you have any questions or concerns about the specialist spasticity management service, please contact the secretary on 020 8487 6340 (Monday to Friday, 8.00am to 4.00pm).

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111