



American Stroke Association
A division of the American Heart Association.

Together to End Stroke®

Spasticity After Stroke Discussion Guide

Spasticity is one of the most common post-stroke conditions. It's like a charley horse that never ends. Symptoms include painful, stiff, rigid muscles, involuntary contractions or muscle spasms, and overactive reflexes. Spasticity can seriously impact daily living. It's important for you and/or your caregiver to talk with your health care professional to:



**Identify
and understand
spasticity.**



**Determine a
treatment plan.**



**Recognize its
impact on your
daily activities.**

Be sure to ask your health care professional questions such as:

1. What symptoms may suggest I'm experiencing spasticity?
2. Why does spasticity develop?
3. Why should a decision to treat spasticity be made?
4. Can spasticity be treated by my rehabilitation team?
5. Who should be on my rehabilitation team?
6. What are strategies to help with my spasticity?
7. What are treatment options for spasticity?

Ipsen is a proud sponsor of the American Stroke Association's Spasticity Education Initiative.

