

Fact sheet

Spasticity Clinic

We are sending you these fact sheets so you can start thinking about questions you would like to have answered at your first appointment.

You might want to write down your questions (healthdirect.com.au provides suggestions on “questions to ask your doctor”) so that you have them handy when you’re speaking with us.

What is our aim?

We aim to work with you to improve your movement and function. To achieve this, the following services are provided in the clinic:

At your first appointment:

- > Our doctor and physiotherapist assess and discuss with you the issues caused by your muscle tightness or spasms (spasticity)
- > We agree on the goals that you might aim for with our treatments
- > We discuss and agree on a course of treatment with you (your treatment plan)

At follow up and review appointments:

- > We check your response to your treatment plan and discuss any suggested changes or new treatments.

What are our treatments?

Your treatment options may include physiotherapy, occupational therapy, an exercise regime for you to do at home and medication (including oral medications or injections of Botulinum toxin).

If Botulinum toxin injections are recommended, a separate information sheet, “Spasticity Clinic, Botulinum toxin Injections” provides useful information. **Please note that Botox injections may not be appropriate for you.** Your doctor recommends and discusses treatment options that are tailored to your unique needs. If your treatment plan does include Botulinum toxin injections, you will be booked for a procedure appointment at the next available date.

Who is on our team?

Our team is expert in rehabilitation and the management of issues relating to spasticity and includes doctors, a physiotherapist and a nurse. We look forward to working with you and answering any questions you may have regarding your care.

How long are your appointments?

- > Your first assessment appointment and procedure appointments are booked for 45 minutes.
- > Your follow-up and review appointments are booked for 30 minutes.

What to bring?

When you come to your first appointment, please bring your:

- > Medicare Card
- > Personal health record
- > GP referral
- > Current list of medications
- > Any splint or orthotic that you use



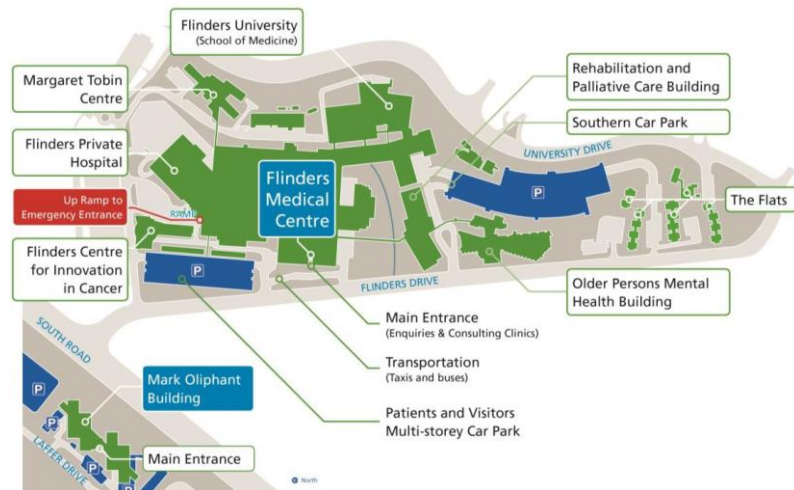
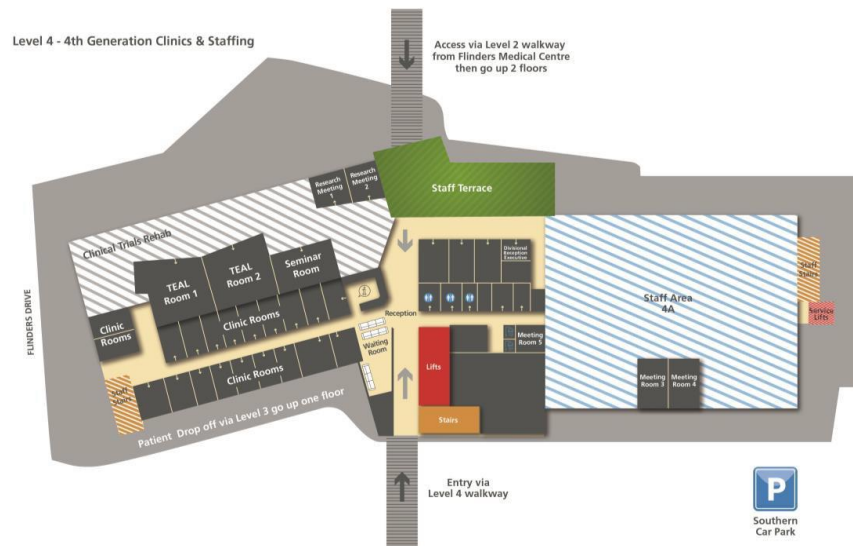
Where to come?

The 4th Generation Clinics are located on Level 4 of the Rehabilitation and Palliative Care Building at Flinders Medical Centre. Entry is via Medical Sciences Road off Flinders Drive (see maps below).

Options include being dropped off at the main entrance to the Rehabilitation and Palliative Care Building (the Building) or parking in the Visitors' Section (ground level) of the Southern Car Park (immediately next to the Building) and taking the walkway link direct to Level 4 of the Building. Free Disability parking spaces are available in both our car parks.

Any questions?

If you have any questions about your booking or would like more information, please contact us on 8404 2269.



For more information

4th Generation Clinics
Rehabilitation and Palliative Care Building
Flinders Medical Centre
Telephone: (08) 8404 2269

Fax: (08) 8404 2364

www.sahealth.sa.gov.au/fmc



<http://www.ausgoal.gov.au/creative-commons>



This document has been reviewed and endorsed by consumers.



Interpreter

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