

## Spasticity

- Spasticity is one of the components of upper motor neuron syndrome. It is the overactivity of the muscles following damage to the upper motor neuron.
- In this clinic, we provide a multidisciplinary approach, comprehensive assessment and management of spasticity, with aim to minimise its adverse functional impact and prevent associated complications.

### Information Required for Referral

- Patient demographic information and contacts
- Principle diagnosis resulting in spasticity
- Main concern
- Current medication list
- Other co-morbidities
- Named referral
- Referring doctor's name and provider number
- Date of referral
- Priority




### Investigations Required

- Musculoskeletal X-ray if main concern is pain or/and joint deformity;
- Neuro-image if principle diagnosis unclear

### Fax Referrals to

- 4<sup>th</sup> Generation Outpatient Clinics, Flinders Medical Centre      Fax: (08) 8404 2263

### Red Flags

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 Unable to access hygiene due to severe spasticity / joint contracture deformity which can increase infection risk.
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 Uncontrolled spasticity may result in development or worsening of pressure sore
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 Increasing falls related to spasticity

### Suggested GP Management

- Identify and treat triggering factor
- Consider oral anti-spasticity medication
- Urgent referral

### Clinical Resources

- Statewide Rehabilitation Clinical Network. Spasticity Clinics. Use of Botox for uses outside of PBS-Approved Indications. <http://www.sahealth.sa.gov.au/wps/wcm/connect/5b7696004e5df14499f6dfefb3fa04f/Guide+to+use+of+Botox+for+nPBs+approved+indications-HealthReform-RCH-20130130.pdf?MOD=AJPERES&CACHEID=5b7696004e5df14499f6dfefb3fa04f>

General Information to assist with referrals and the and Referral templates for SALHN are available to download from the SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNoutpatients](http://www.sahealth.sa.gov.au/SALHNoutpatients)

Version	Date from	Date to	Amendment
2.0	December 2017	December 2019	V 1.0 reviewed. Updated contact and location details for service
1.0	September 2016	September 2018	Version 1, Original September 2014