

Adults with Spasticity

What is spasticity?

When muscles contract, become stiff or spasm and you can't control them, it's called spasticity. Following a stroke or a traumatic brain injury, spasticity can affect muscles in any part of the body, though it is most common in leg muscles. It can be uncomfortable and painful at times, and can interfere with daily life, making it harder to move freely or perform usual tasks.

Adult upper limb spasticity



Flexed elbow



Clenched fist



Flexed wrist

Adult lower limb spasticity



Equinovarus foot



Plantar flexed foot/ankle



Flexed toes

The symptoms of spasticity

Each person will have a different experience of spasticity and will have different symptoms. Some people may have relatively mild spasticity, but for others it may be more severe. Spasticity commonly affects the legs, arms, neck, shoulder or face (including around the eyes). Symptoms may come and go, or they may always be present.

Typical symptoms include:

- Muscles contracting or relaxing suddenly and on their own
- Jerking of the muscles in the chest, back or abdomen
- Difficulty relaxing, stretching, standing or walking
- Difficulty controlling movement during an activity
- Muscle spasm when the arm or leg is lightly touched

Management

People living with spasticity can benefit from keeping mobile and exercising the affected part of their body. For some, these exercises will be enough to prevent their spasticity from becoming harmful or bothering them too much, however others will need medical treatment too.

Options include:

- **Oral medicines (tablets)**
 - Can be used if your symptoms interfere with your sleep or daily functioning, usually in combination with physical exercises, or another medication.
- **Injections with botulinum toxin (Dysport®)**

In small amounts this can be used to stop a spastic muscle from contracting. Dysport is a type of botulinum toxin injection.
- **Surgery**

In more severe cases, surgical interventions may be considered to release tight muscles or nerves.



Dysport for spasticity¹

Dysport works by stopping your muscles contracting. Download the **About Dysport** PDF for more information. Depending on how many muscles are affected and what is important to you from your treatment, your healthcare professional may give you injections in a few different muscles.

Generally, you can expect to receive treatment with Dysport 3 or 4 times a year (every 12 to 16 weeks). However, your specific treatment interval will depend on your treatment plan as discussed with your healthcare professional in charge of your treatment with Dysport.



The effects of treatment

Dysport injections should help to reduce stiffness in muscles and cramping. You should start to feel the effect of Dysport in the weeks following treatment.

Exact timing will depend on the muscle treated and personal dosing schedule.¹

Your healthcare professional will schedule your doses based on how your spasticity responds to the first injection.

It will help to keep track of your rehabilitation goals so your treatment can be tailored to try and meet them.



Side effects

Some people will have unwanted, or excessive muscle weakness around the injected muscle, or experience flu-like symptoms or pain and bruising at the injection site.

Usually, these effects are mild and wear off relatively quickly. But sometimes they may be more severe, or bothersome. Regardless of the severity of your side effects, it's important that you let your doctor know—they will be able to manage your symptoms, if necessary.

For a full list of potential side effects and any safety precautions, please refer to the Package Leaflet provided with your medicine.

Next steps

Learn more about specific conditions and treatments in their individual PDFs, or visit <https://www.ipsen.com/uk-ireland/> and **contact us** if you have a specific question.

References:

1. Dysport Summary of Product Characteristics. 2022

Reporting of side effects:

If you get any side effects, talk to your doctor or pharmacist.

This includes any possible side effects not listed in your Patient Information Leaflet. You can also report side effects directly via: HPRA Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2., Website: www.hpra.ie e-mail: medsafety@hpra.ie

Adverse events should be reported to Ipsen: Tel: +353 1 8098256, email: pharmacovigilance.uk-ie@ipsen.com.

By reporting side effects, you can help provide more information on the safety of this medicine.