

Moving Beyond Stroke

HAVE YOU HAD A STROKE AND NOW HAVE STIFFNESS, TIGHTNESS OR CRAMPS IN SOME OF YOUR MUSCLES?

HOW STROKE CAUSES SPASTICITY

How your muscles feel and move is controlled by signals from the brain. If the part of your brain that sends these control signals is damaged by a stroke, then the muscle may become too active. High tone or activity in your muscles makes them feel stiff and tight.

This is called spasticity.

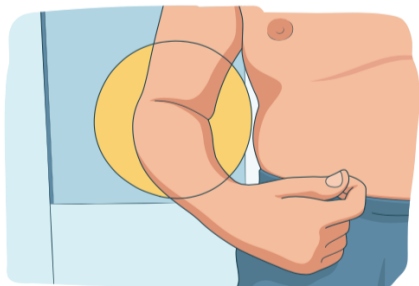
Post-stroke spasticity (PSS) is estimated to occur in up to 43% of stroke patients.¹

Some people experience spasticity immediately after their stroke, but it can start at any time.

Stroke survivors experiencing muscle spasticity may: develop pain, tightness or cramps in some of your muscles. You may also have problems with stiffness that affects your arms, legs, neck and/or trunk.



TAKE A LOOK AT THE IMAGES TO SPOT IF ANY SIGNS OR SYMPTOMS LOOK SIMILAR TO YOURS:



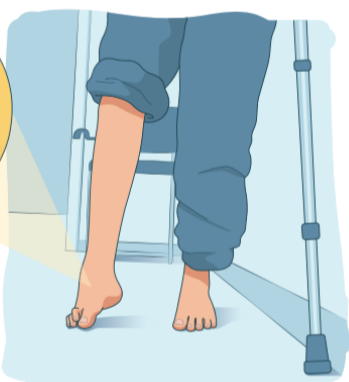
STIFFNESS IN THE ELBOW MAKING IT DIFFICULT TO STRAIGHTEN ARM

These problems can make it harder for you to move around, or you may move around more slowly. It may also make it more difficult for you to do certain things, such as washing and putting on clothes, or make it harder for your caregiver to help you.



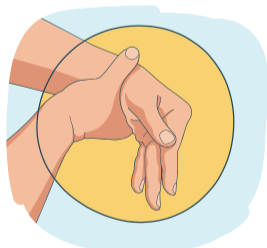
STIFFNESS IN THE ANKLE MAKING IT DIFFICULT TO STAND OR WALK

CLAWED TOE MAKING WEARING SHOES PAINFUL



IT IS IMPORTANT TO RECOGNISE THESE PROBLEMS EARLY

If you, or the person you care for, develop any of these symptoms or they become troublesome for you, talk to a member of your healthcare team so they are able to help you to understand more about your condition and ways to manage it.

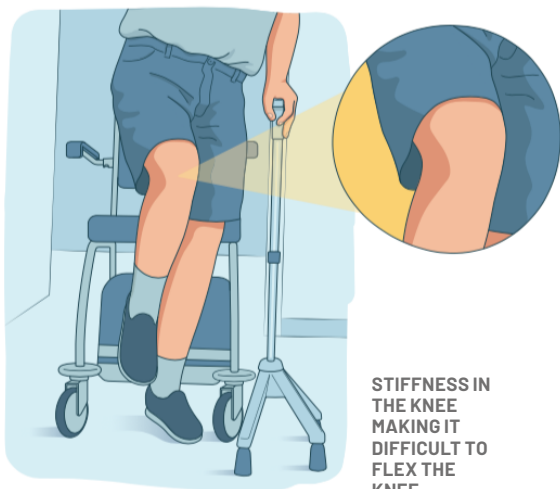


STIFFNESS MAKING IT DIFFICULT TO CLOSE THE HAND

TRY TO KEEP LOOKING OUT FOR IT

These problems can appear a few weeks after a stroke, or several months later. In some cases they may appear years later.

Keep this leaflet to help you spot the symptoms as it's important to recognise these problems early.



STIFFNESS IN THE KNEE MAKING IT DIFFICULT TO FLEX THE KNEE

REFERENCE: 1. Francisco, G. E., & McGuire, J. R. (2012). Poststroke spasticity management. *Stroke*, 43(11), 3132-3136.

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