SPASTICITY CHECKLIST
For Individuals With Multiple Sclerosis

Do you have MS, and are you experiencing symptoms of spasticity?

If so, this checklist may be of help to you and to your healthcare team in understanding the degree of spasticity you are experiencing. This checklist will also help you track how often you are experiencing spasticity, to what degree it impacts your activities and quality of life, as well as what actions may make your spasticity worse... and which strategies may reduce your symptoms. We've included space to fill in your name and your doctor's name, should you choose to share this with your physician.

Name: ____________________________ Date: ______________

Doctor's name: __________________

1. Do you experience any of these symptoms?
   □ Muscle tightness
   □ Spasms
   □ Cramping
   □ Other _______________________

2. Are you currently experiencing an MS relapse?
   □ Yes    □ No

3. Where do you experience muscle discomfort?
   □ Arms
   □ Hands
   □ Legs
   □ Feet
   □ Back
   □ Other area(s) _______________________
   _______________________

4. How often do you experience these symptoms? At least:
   □ Monthly
   □ Weekly
   □ Daily
   □ Constantly

5. How severe or painful are your symptoms?

   □ 0  □ 1  □ 2  □ 3  □ 4  □ 5  □ 6  □ 7  □ 8  □ 9  □ 10

   No Pain  Mild Pain  Moderate Pain  Severe Pain  Very Severe Pain  Worst Pain Possible
What areas of your life are impacted by spasticity?

- Sitting or relaxing
- Sleeping
- Eating
- Working at the computer, reading, writing, or doing artwork
- Household chores or shopping
- Driving
- Exercise and recreational activities
- Bathing or bathroom details
- Other __________________________

Do any of these activities worsen your spasticity?

- Resting or lying down
- Cold or heat
- Exercise or walking
- Other __________________________

Many different treatment strategies have been used in an attempt to reduce the effects of spasticity. Have you tried any of these treatments, and if so, do any help?

- Prescribed oral medications (which ones?) __________________________
- Intrathecal baclofen pump __________________________
- Electrical stimulation __________________________
- Over-the-counter medications (which ones?) __________________________
- Cooling the affected area __________________________
- Warming the affected area __________________________
- Fluids to counter dehydration __________________________
- Tonic water with Quinie __________________________
- Compression stockings for leg spasticity __________________________
- Relaxation and stress-management techniques (which ones?) __________________________
- Exercise (what type?) or walking __________________________
- Cannabis (in what form?) __________________________
- Other “alternative” treatments (which ones?) __________________________

This checklist has been produced by the Multiple Sclerosis Association of America as a service to individuals with MS who may be experiencing spasticity, a common symptom of MS. Individuals using this checklist and potentially seeking treatment should always consult their physician before making any changes to their medications, exercise, diet, or other treatment regimen. For more information, please visit mymsaa.org.

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