

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?

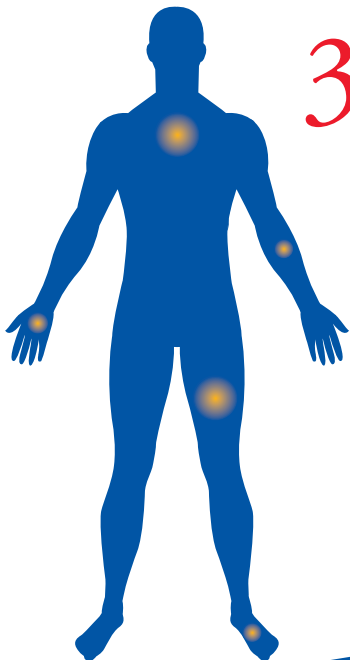
- Muscle tightness
- Spasms
- Cramping
- Other _____

2. Are you currently experiencing an MS relapse?

- Yes
- No

3. Where do you experience muscle discomfort?

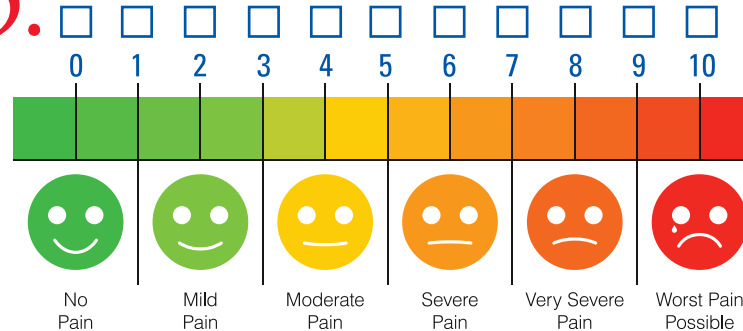
- Arms
- Hands
- Legs
- Feet
- Back
- Other area(s) _____



4. How often do you experience these symptoms? At least:

- Monthly
- Weekly
- Daily
- Constantly

5. How severe or painful are your symptoms?



6. 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 _____

7. Do any of these activities worsen your spasticity?

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



8. 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?

Ideally, noting any beneficial effects and adverse reactions or side effects of these potential treatments may be of help to you and your healthcare team.

- 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 Quinine _____
- 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.