



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





After a stroke, you may develop pain, or tightness in some of your muscles.¹⁻³ You may also have problems with stiffness that affects your arms, legs, neck and/or trunk.¹⁻³



These problems can make it harder for you to move around, or you may move around more slowly.^{1,2,4} 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.^{1,2,5}

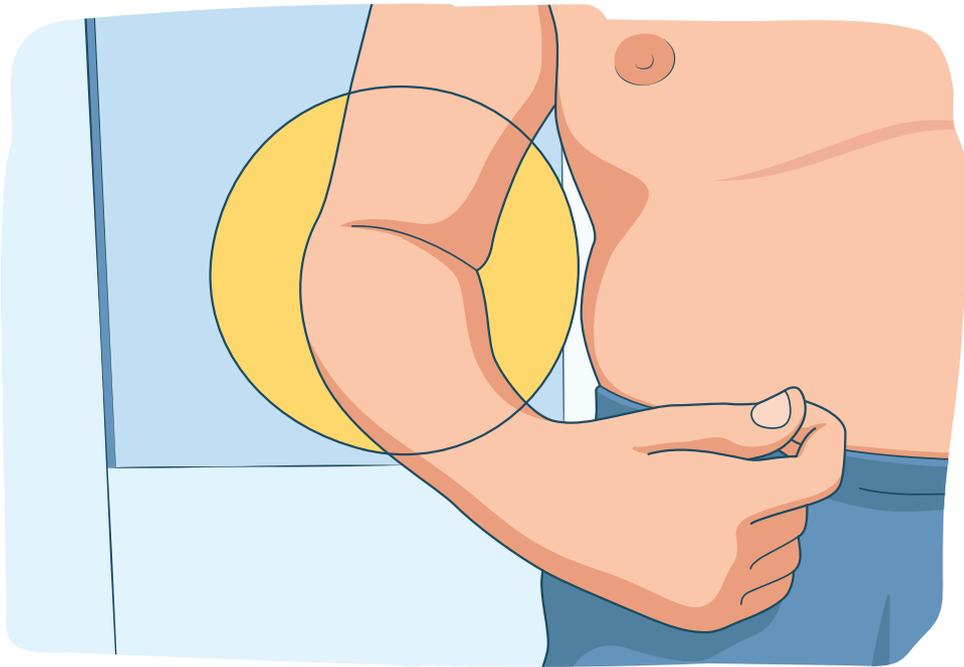


If you, or the person you care for, have any of these symptoms, talk to your doctor, physiotherapist, occupational therapist or nurse. This is because the stiffness, tightness and cramps that affect your muscles may be managed after an assessment.^{1,2}



*Do you, or the person you care for, have any of these problems?
This leaflet may help you to understand what to look out for..*

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

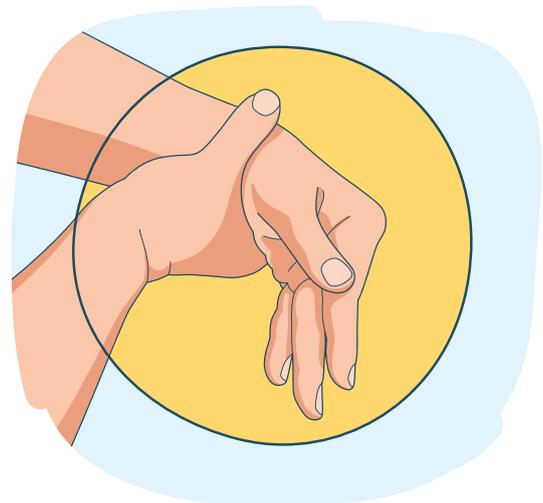
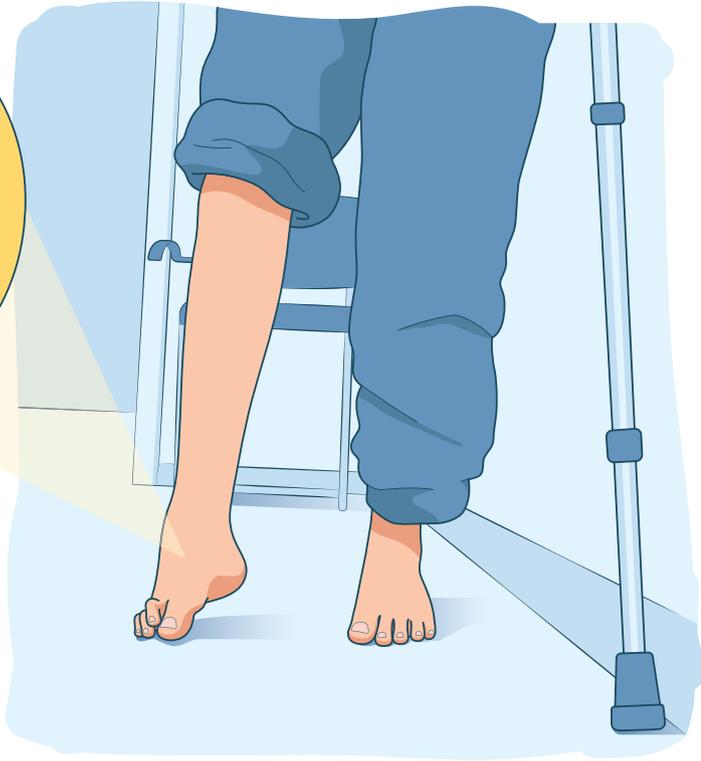


STIFFNESS IN THE ELBOW MAKING IT DIFFICULT TO STRAIGHTEN ARM

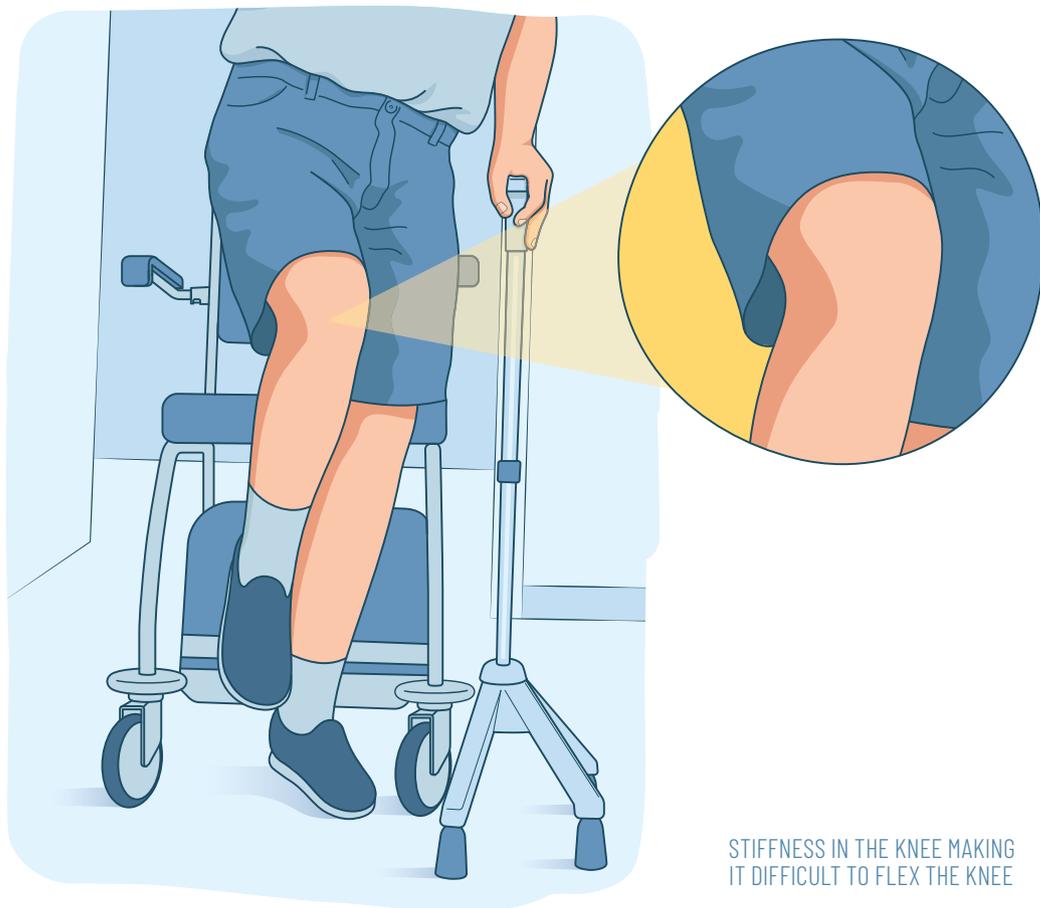


STIFFNESS IN THE ANKLE MAKING
IT DIFFICULT TO STAND OR WALK

CLAWED TOE MAKING
WEARING SHOES PAINFUL



STIFFNESS MAKING IT DIFFICULT TO CLOSE THE HAND



STIFFNESS IN THE KNEE MAKING IT DIFFICULT TO FLEX THE KNEE

These problems can appear a few weeks after a stroke, or several months later.^{1,3,4,6,7} In some cases they may appear years later.^{7,8} Keep this leaflet to help you spot them as it's important to recognise these problems early,^{3,6} although you can speak to your healthcare team at any stage.

If these symptoms are troublesome for you, or the person you care for, talk to your doctor, physiotherapist, occupational therapist or nurse.

SPOT the SIGNS

Moving Beyond Stroke

Images are for illustrative purposes only.

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4. Wissel J, Schelosky LD, Scott J, et al. Early development of spasticity following stroke: a prospective, observational trial. *J Neuro* 2010;257:1067-1072
5. Ganapathy V, Graham GD, DiBonaventura MD, et al. Caregiver burden, productivity loss, and indirect costs associated with caring for patients with poststroke spasticity. *Clin Interv Aging* 2015;10:1793-1802
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7. Wissel J, Manack A, Brainin M. Toward an epidemiology of poststroke spasticity. *Neurology* 2013;80:S13
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