



# Spasticity and Contracture Management

## 22 June 2022

### Introduction

This course provides an evidence-based update of the management of spasticity and contractures in patients with neurological conditions. Participants will gain a better understanding in the use of a multi-modal approach to target different impairments and activity limitations resulting from spasticity and contractures. Participants will learn how to grade severity of spasticity and identify muscle contracture using clinical assessment tools and develop treatment plans to maintain joint range and achieve patient-centered goals after botulinum toxin injection and/or serial casting.

### Course Objectives

At the end of the course, participants should be able to:

1. Discuss the neuropathology of spasticity and contracture
2. Use the International Classification and Functioning (ICF) model to list impairments, activity limitations and participation restrictions associated with spasticity and contractures
3. Discuss the medical management of spasticity and contractures
4. Discuss early identification and treatment of post stroke spasticity
5. Articulate current evidence-based management of spasticity and contracture using a multimodal approach
6. Use the Modified Ashworth Scale and the Tardieu Scale to grade severity of spasticity
7. Design a rehabilitation program to maintain joint range and achieve patient-centred goals after botulinum toxin injection and/or serial casting

### Course Outline

1. Neuropathology and medical management of spasticity and contracture
2. Prediction & prognostication of spasticity and motor neural recovery after stroke
3. Evidence-based management of spasticity and contracture using a multimodal approach
4. Assessment of spasticity (Ashworth and Tardieu Scale)
5. Evidence-based management of upper limb spasticity
6. Case studies: Clinical decision tree for spasticity management of upper and lower limbs

### Target Audience

Doctors, Physiotherapists and Occupational Therapists who are currently managing patients with neurological conditions and are planning to specialise in neurology rehabilitation.

### Course Details

Date	: 22 June 2022
Duration	: 4.5 hours
Time	: 12.30 pm – 5.00 pm
Class size	: 40 pax
Device required	: Laptop/ Desktop (with microphone, speaker and webcam)
Platform	: Zoom Cloud Meetings
Fee	: S\$250 (SingHealth staff / SPA or SAOT member) S\$280 (Regular) (inclusive of 7% GST)

### Teaching Faculty

#### Singapore General Hospital

##### **Dr Shamala Thilarajah**

Principal Physiotherapist | Department of Physiotherapy

##### **Mr Chong Heng Choong**

Senior Physiotherapist | Department of Physiotherapy

##### **Dr Bok Chek Wai**

Senior Consultant | Department of Rehabilitation Medicine

##### **Dr Silvana Choo**

Principal Occupational Therapist | Department of Occupational Therapy

### Registration

To register (internet access is required), scan the QR code or click on the web link.

Registration closes on **1 June 2022, Wednesday**.



<https://form.gov.sg/622aecacf5022f00149eac26>

Upon registration, you agree to PGAHI [Terms & Conditions](#).

### Quick Links

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