

RECOGNIZING SPASTICITY AFTER STROKE

How it may affect the **arms**  and **hands** 

What is spasticity?

Spasticity is when muscles are hyperactive, causing stiffness, tightness, spasms, and pain. This can happen right after a stroke or not until weeks or months later.



Clenched fist

How it may feel: Fingers feel clenched into a fist or claw.

Effect on daily life: It may be difficult to keep the hand clean.

Bent elbow

How it may feel: Arm feels heavy and may feel like it is “catching.”

Effect on daily life: It may be tough to reach into kitchen cabinets.



Stiff shoulder

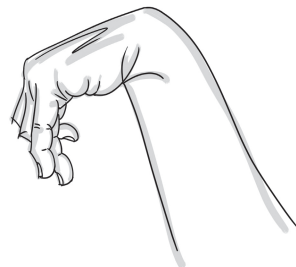
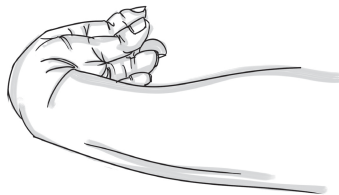
How it may feel: Arm feels locked tight to the chest.

Effect on daily life: It may be hard to stay balanced when getting up from the couch.

Stiff forearm

How it may feel: Wrist and fingers feel locked tight to the chest.

Effect on daily life: It may be challenging to get dressed without help.



Bent wrist

How it may feel: Wrist feels tightly locked.

Effect on daily life: It may be hard to move or pick up objects when eating.

If any of these signs show up, talk to a doctor to learn about treatment options.
TO LEARN more about spasticity after stroke, visit Passport2Progress.com/Spasticity

RECOGNIZING SPASTICITY AFTER STROKE

How it may affect the **legs**  and **feet** 

What is spasticity?

Spasticity is when muscles are hyperactive, causing stiffness, tightness, spasms, and pain. This can happen right after a stroke or not until weeks or months later.

“Club foot” (aka equinovarus foot)

How it may feel: Ankle feels stiff; foot is turned downwards and in; toes feel tightly curled like a claw.

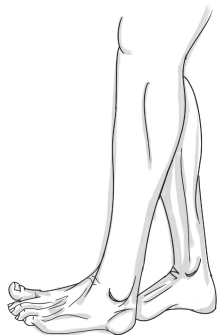
Effect on daily life: It may be difficult to keep steady while standing.



“Hitchhiker’s toe” (aka striatal toe)

How it may feel: Big toe feels stuck sticking up; cramping and pain may be present.

Effect on daily life: It may be tricky to put on shoes and socks when dressing.



Stiff knee

How it may feel: Knee feels stiff and overextended.

Effect on daily life: When sitting, it may be difficult to stand up without help.



Bent knee

How it may feel: Knee feels bent and tight.

Effect on daily life: It may be hard to swing the leg forward when walking.



“Scissor gait” (aka adducted thigh)

How it may feel: Legs feel tightly crossed.

Effect on daily life: It may be tough to clean between the legs.



Stiff hip

How it may feel: Hip feels stuck with leg in bent position.

Effect on daily life: Walking may become tiresome because of shorter steps.



If any of these signs show up, talk to a doctor to learn about treatment options.
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