

NEW SPASTICITY PATIENT RESOURCE!

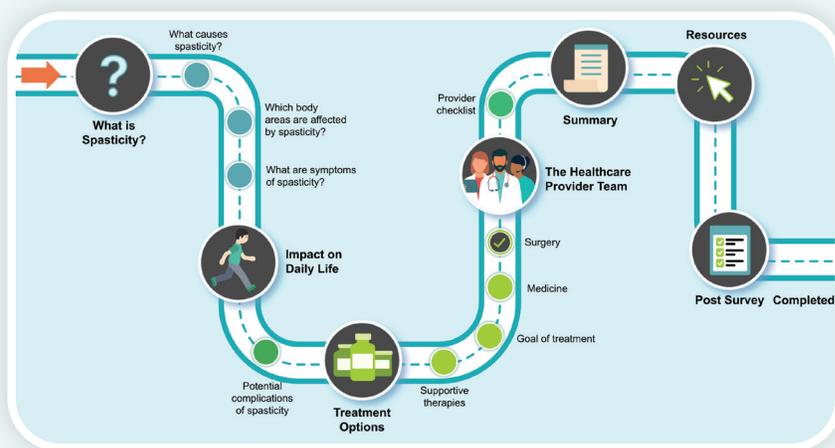
Understanding Spasticity: A Simple Guide to Symptoms, Treatments and Getting Better

The American Academy of Physical Medicine and Rehabilitation (AAPM&R) is proud to introduce a new educational resource designed for patients and caregivers presenting with or at risk for developing spasticity. This is a free tool for patients, caregivers and providers. We've partnered with Infograph-ed to develop a first-of-its-kind interactive program to educate patients and caregivers on the importance of assessment, diagnosis and potential treatment of spasticity. Learners are taken on a "guided journey" to understand spasticity, its impact on daily life, treatment options, how to find a healthcare professional, and long-term care coordination.

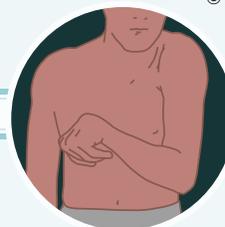
Each guided patient care journey provides learners with a step-by-step progression through relevant milestones which include diagnosis and treatment plans, focusing on key milestones throughout the journey. Each milestone section includes clickable icons to reveal greater details on a specific topic as well as graphics to help better understand spasticity, its causes, treatments and long-term management.

This highly-visual and interactive educational program includes the following sections:

- 1. What is Spasticity?**
 - a. Definition
 - b. Causes
 - c. Symptoms
- 2. Impact on Daily Life**
 - a. How spasticity affects activities of daily living
 - b. Potential complications
- 3. Treatment Options**
 - a. Provider expertise
- 4. How to identify healthcare professionals specializing spasticity management**
 - a. Questions to ask physicians (downloadable resource)
- 5. Long-Term Management and Coordination of Care**
- 6. Downloadable patient education brochures in both English and Spanish**



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Learn More About Spasticity

Access this resource by scanning the QR code and start your journey now!

Learn more about AAPM&R's spasticity work at www.aapmr.org/spasticity or email info@aapmr.org.



This is a free tool meant to be distributed broadly to help patients and caregivers learn more. Please share the link freely.

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