

# July 2018 Clinical Pearl Videos: Spasticity



July 2018

Hello members,

**Apologies for the earlier e-mail that included incorrect video links. Below is the correct video link for our July Spasticity clinical pearl video!**

Each month we are choosing a topic and providing a clinical point of view with abstract and a link to the article. At the end of the month, we are providing a clinical pearl, demonstrating ideas about the topic that can be implemented into practice.

This month, the focus has been on spasticity. Below is a case study and accompanying videos involving upper extremity spasticity treatment with phenol injections.

**Subjective:** LM is a 23-year-old male suffered a left MCA stroke in October 2017 after carotid dissection w/ resultant right sided hemiparesis and aphasia (No subluxation or pain). LM began having increased spasticity in Right UE 4 months post-stroke. Patient's goal was to decrease spasticity to focus on voluntary strengthening to improve hand/arm functional for daily activities.

**Objective:**

Fugl-Meyer (pre-injection)=13/66 (primarily flexion synergy, limited elbow extension, except in closed chain activities)

Observation: Significant spasticity and difficulty with isolated arm movements including hand.

**Video Highlight:**

[Video Link](#)

Video is taken 10 months post-stroke and 2 months post-injection of the musculocutaneous nerve. After injection, there was absent biceps, but there is mild recovery of biceps in this video. The overall goal of the phenol injection was to allow antagonist muscles to increase in strength, with the hope that after the phenol wears off, he will have increased overall function.

He is still heavily limited in hand function, only mass grasp and passive relaxation for fingers.

Post-injection Fugl-Meyer was difficult to score because of limited elbow ability, but will note improved shoulder AROM that he was not able to do before.

Pt reports he liked the injection results because he does not walk with his arm in flexion synergy and it has allowed him to move his arm/shoulder more. He is still very frustrated with hand function.

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