



Spasticity and Contracture Management

6 August 2024

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. Articulate current evidence-based management of spasticity and contracture using a multimodal approach
5. Use the Modified Ashworth Scale and the Tardieu Scale to grade severity of spasticity
6. 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. Assessment of spasticity (Ashworth and Tardieu Scale)
3. Evidence-based management of spasticity and contracture using a multimodal approach
4. Evidence-based management of upper limb spasticity
5. 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

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| Date | : 6 August 2024 |
| Duration | : 5 hours |
| Time | : 12.30 pm – 5.30 pm |
| Class size | : 40 pax |
| Device required | : Laptop/ Desktop (with microphone, speaker and webcam) |
| Platform | : Zoom Cloud Meetings |
| Fee | : S\$390 (SingHealth staff or SPA member) S\$430 (Regular) (inclusive of 9% GST) |

Teaching Faculty

Singapore General Hospital

Chong Heng Choong

Senior Physiotherapist | Department of Physiotherapy

Viji Navamany

Senior Physiotherapist | Department of Physiotherapy

Dr Geoffrey Sithamparapillai Samuel

Head & Senior Consultant | Department of Rehabilitation Medicine

Dr Silvana Choo

Senior Principal Occupational Therapist | Department of Occupational Therapy

Roeun Saros

Principal Prosthetist & Orthotist | Department of Podiatry

Registration

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

Registration closes on **16 July 2024, Tuesday**.



<https://form.gov.sg/6645de06048abac4395f191c>

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

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