

# How **Spasticity** May Impact Day-to-Day Life

**Spasticity** disrupts the signals that tell your muscles when to contract and when to relax. **This can make it hard to:**



**WORK**



**GROOM YOURSELF**



**COOK**



**DRIVE SAFELY**

## Who can help?



### **PHYSICAL THERAPISTS**

can come up with specific exercises to help lengthen and strengthen muscles.



### **OCCUPATIONAL THERAPISTS**

help you ready your home with assistive devices and aids to make everyday activities easier.



### **MASSAGE THERAPISTS**

help relax your muscles and can boost your range of motion and flexibility.

Reviewed by Mindy Ratini, DO on May 8, 2023

SOURCES: Cleveland Clinic: "Spasticity." National MS Society: "Managing Spasticity in MS."