



## Management of Spasticity in MS

A specialist study day for therapists with an interest in MS

**Wednesday 24<sup>th</sup> March 2010**  
**Beardmore Hotel & Conference Centre**  
**Clydebank, Glasgow G81 4SA**

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| 9:00  | <b>Registration</b>  |
| 9:30  | <b>Overview of spasticity and the medical management</b><br><i>Dr Paul Mattison, Consultant in Rehabilitation Medicine<br/>Douglas Grant Rehabilitation Centre, Ayrshire Central Hospital</i>  |
| 10:30 | <b>Coffee</b>  |
| 11:00 | <b>Management of spasticity by therapists - Audit</b><br><i>Jane Lough, MS Specialist Physiotherapist, Southern General Hospital,<br/>Glasgow and<br/>Linda Miller, Consultant Physiotherapist in MS, Douglas Grant<br/>Rehabilitation Centre, Ayrshire Central Hospital</i> |
| 12:00 | <b>Helping people with MS to manage their spasticity – trigger factors and spasticity diary</b><br><i>Wendy Hendrie, Clinical Specialist Physiotherapist<br/>University of East Anglia</i>   |
| 12:30 | <b>Lunch</b>   |
| 13.30 | <b>Management of spasticity by therapists – evidence and outcome measures</b><br><i>Rhian O'Halloran, Clinical Specialist Physiotherapist, University Hospital<br/>of Wales, Cardiff</i>   |
| 14:15 | <b>Postural management</b><br><i>Helen Conyers, Chartered Physiotherapist, Poole Hospital NHS Trust</i>  |
| 15:00 | <b>Tea</b>   |
| 15:30 | <b>Case presentation</b><br><i>Alan Izat, MS Specialist Nurse, Douglas Grant Rehabilitation Centre,<br/>Ayrshire Central Hospital</i>  |
| 16:00 | <b>Close</b>   |