

1. Hold the palm of the hand to be stretched.
2. Gently extend the wrist and hold in this position.



1. Start with elbow bent, arm close to body.
2. Stabilize the elbow arm with one hand, hold the child's hand with the other hand.
3. Roll the forearm so their hand faces up.



### Getting the most out of your Botox treatment

To get the most out of your child's Botox treatment, it is important to ensure splints or orthotics are well fitting, carry out stretching exercises as recommended by your physiotherapist and attend physiotherapy 'blocks' as recommended by your therapist.

For more information please contact Physiotherapist Sarah Dewhurst on 01623 622515, extension 6318.

**Further sources of information**  
NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**Patient Experience Team (PET)**  
PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.  
**King's Mill Hospital:** 01623 672222  
**Newark Hospital:** 01636 685692  
**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you need this information in a different language or format, please contact the PET (as above). This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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## Active Botox treatment

Information for  
parents,  
guardians and  
carers

## About Botox

Botulinum Toxin A is a muscle relaxant which can be used to treat spasticity or increased muscle tone. It is injected into certain muscles to help these tight muscles to relax. Benefits may include:

- Reduced pain
- Improved tolerance of orthoses/splints
- Improved quality of walking
- Improved tolerance of postural management equipment e.g. standing frame, sleep system
- Ease of personal care.

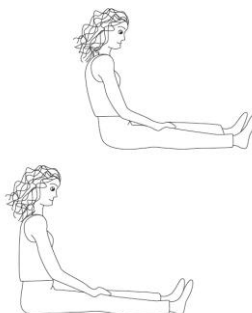
Effectiveness of Botox treatment tends to be short-lived, giving an opportunity within the first 12 weeks for improving joint range of movement and muscle strength. Without doing regular physiotherapy exercises as advised, there will be no lasting benefit from this treatment.

## Active stretches



Stand with one foot in front of the other. Keep the back leg straight and heel in contact with the floor. Hold and repeat.

Have both feet on a step with your heels off the edge. Hold and repeat.



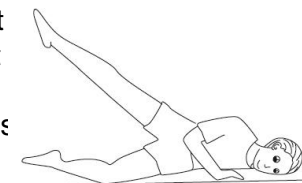
Sit in an upright position with legs straight out in front and knees and feet pointing upwards. Do this with your gaiters on if you have them.

## Active exercises



Walk on your heels without your toes touching the floor.

Lie on your side with your back up against something solid. Lift your top leg up towards the ceiling as far as you can. Repeat 10 times.

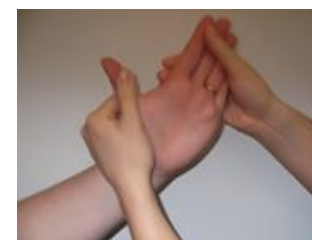


Lie on your back, with a rolled towel under your knee. Straighten your lower leg and pull your foot and toes up. Hold for 10 seconds and repeat 5 times.

Lie on your back with your legs out straight. Straighten your leg by pulling your toes up. Lift your leg about 10cm off the floor. Hold for 10 seconds and repeat 5 times.



## Upper limb



1. Gently but firmly apply pressure to the base of the thumb.
2. Bring the base of the thumb away from the palm.
3. Hold the thumb in this position.