

Information and Knowledge exchange event – Managing High Tone

Physiotherapy management of hypertonia in people with MND

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NICE Guidelines - 1.8.5 Exercise programmes

<https://www.nice.org.uk/guidance/ng42/chapter/Recommendations#psychological-and-social-care-support>

MND Financial Support Grants - <https://www.mndassociation.org/support-and-information/our-services/financial-support-information-for-people-with-mnd>

Care information:

- Physiotherapy and exercise with MND
<https://www.mndassociation.org/sites/default/files/2023-04/6A%20Physiotherapy.pdf>
- Personal care with MND <https://www.mndassociation.org/sites/default/files/2022-11/Personal%20Care%20with%20MND.pdf>
- Making the most of life with MND <https://www.mndassociation.org/sites/default/files/2022-11/Making%20the%20most%20of%20life%20with%20MND.pdf>
- Sex and relationships - <https://www.mndassociation.org/sites/default/files/2022-11/Sex%20and%20relationships.pdf>

Professional information:

- Multidisciplinary team working for MND - <https://www.mndassociation.org/sites/default/files/2022-11/Multidisciplinary%20team%20working%20for%20MND.pdf>
- Multidisciplinary team infographic - <https://www.mndassociation.org/sites/default/files/2022-11/Infographic%20MDT.pdf>
- Pain in MND - <https://www.mndassociation.org/sites/default/files/2022-11/P11%20Pain.pdf>
- Wheelchairs for people with MND - <https://www.mndassociation.org/sites/default/files/2022-11/P2%20Wheelchairs.pdf>

Physical effects of MND – training video <https://www.youtube.com/watch?v=QTJiBmbdAeE&t=1s>

References

- Evidence for treatment of spasticity in MND (Marianne de Visser, 2019)
[https://www.thelancet.com/journals/lanneur/article/PIIS1474-4422\(18\)30493-9/abstract](https://www.thelancet.com/journals/lanneur/article/PIIS1474-4422(18)30493-9/abstract)
- Development and validation of Spasticity Index – Amyotrophic Lateral Sclerosis (Milinis et al). 2018 - <https://research.manchester.ac.uk/en/publications/development-and-validation-of-spasticity-index-amyotrophic-latera>
- Prevalence of spasticity and spasticity – related pain among patients with Amyotrophic Lateral Sclerosis <https://pubmed.ncbi.nlm.nih.gov/33423807/>
- Treatment for spasticity in amyotrophic lateral sclerosis / MND
<https://pubmed.ncbi.nlm.nih.gov/22336799/>
- Treatment for cramps in amyotrophic lateral sclerosis / MND
<https://pubmed.ncbi.nlm.nih.gov/22513921/>