



### More about IBT:

Intrathecal baclofen therapy (ITB therapy) consists of direct delivery of baclofen to the fluid surrounding the spinal cord. This treatment can be very effective for patients with spasticity, particularly for those whose conditions are not sufficiently managed by oral medications, or for whom oral medications cause too many side effects.

ITB therapy is administered by using a pump/reservoir that is surgically implanted under the skin of the abdomen. Internal tubing connects the pump directly to the spinal canal. Small doses of baclofen are delivered via the spinal canal to the central nervous system. This is the most efficient means to reduce spasticity and least likely to cause unwanted side effects.



## Spasticity Program



North Memorial

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## What is spasticity?

Spasticity is an abnormal state in which the muscles are involuntarily and often painfully contracted. It results from a variety of conditions including stroke, cerebral palsy, brain injury, spinal cord injury, and multiple sclerosis.

## Treatment options at North Memorial

Patient assessment and education are a key part of the North Memorial Spasticity Program. The program team works with patients affected by this motor disorder. Patient assessment and education are given great importance and lead to implementation of treatment options including:

- Oral medications
- Rehabilitation Therapy – Occupational, Speech and Physical therapies including pool therapy, stretching and exercises
- Botox – Injections administered directly into the affected muscle to reduce spasticity.

- Intrathecal Baclofen Therapy (IBT) – A treatment option that delivers baclofen directly to the central nervous system via the spinal canal using an implanted pump and catheter (see back panel)

## What are the benefits of treatment?

Spasticity can make simple activities of daily living – such as walking, eating, dressing, bathing – time-consuming and difficult for both individuals and caregivers. When spasticity limits activity for long periods, it can cause additional medical problems such as sleep disturbances, pressure sores and pneumonia. Treatment of spasticity can help provide comfort to patients as well as to family members and caregivers.

## Who benefits from treatment?

Survivors of injuries to the motor system that are not controlled by current treatment may benefit from treatment.

## What should I do if I think I am a candidate?

Contact Jackie Stoen, RN, at (763) 520-5900 to request additional information or to schedule an appointment. Check with your primary care physician or insurance company to see if you need a referral.



## Spasticity Program team:

North Memorial's spasticity team works closely with all those involved in providing stroke care, including physicians, nursing and rehabilitation staff. The Spasticity Program is coordinated by Jackie Stoen, RN, who is involved in all aspects of treatment, ranging from screening and assessment to checkups and pump regulation. The program is directed by Charles Horowitz, M.D., a North Memorial neurologist. Dr. Horowitz sees patients in the Spasticity Clinic each week.



For more information, please call (763) 520-5900.