

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, and hold the child's hand with the other hand.
3. Roll the forearm so their hand faces up.



For more information please contact Physiotherapist Sarah Dewhurst on 01623 622515, extension 3873.

**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 would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net). 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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**Information for parents, guardians and carers**

**Botox treatment  
(active exercises)**

**Healthier Communities,  
Outstanding Care**

## 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.

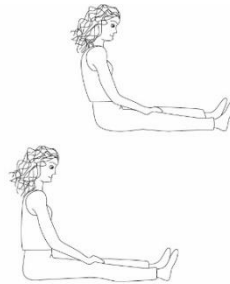
Effectiveness of Botox treatment tends to be short-lived, giving an opportunity within the first 12 weeks for improving joint range of movement and muscle strength. Without doing regular physiotherapy exercises as advised, there will be no lasting benefit from this treatment.

## Active stretches



Stand with one foot in front of the other. Have a wall in front for support if you need it. Keep the back leg straight and heel in contact with the floor. Hold for 15 seconds and repeat 5 times with each leg.

Stand on the bottom step of the stairs at home holding onto the banister for support. If you find it difficult to balance, make sure you do this with an adult present. Practice going onto your toes then, lower your heels off of the step to stretch your calves. Go to the point where you can feel a stretch but not into pain. Hold this for 15 seconds and then relax. Repeat this 5 times.



Try to sit up tall like the second picture and reach towards your toes by sliding your hands down your legs until you feel a stretch.

## Active exercises

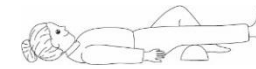
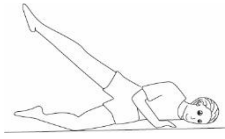


Walk on your heels without your toes touching the floor.



Practice standing from a chair and sitting back down, use the chair arms for balance but try and put your weight through your legs.

Lie on your side with your back up against something solid. Lift your top leg up towards the ceiling as far as you can. This can also be done in standing doing side steps with legs straight. Holding onto a worktop for support if needed. Repeat 10 times.

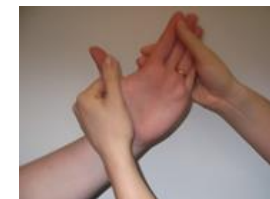


Lie on your back, with a rolled towel under your knee. Straighten your lower leg and pull your foot and toes up. Hold for 10 seconds and repeat 5 times.

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.