

## 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 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 (passive stretches)

## About Botox

These passive stretches should be done as tolerated by your child, trying to gradually increase the range of movement. They will be easiest to do when your child is relaxed. They may find it easier to do them after a warm bath or shower. You should try and gently hold the end range of movement so they feel a stretch, but they should not be painful.

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.

## Passive stretches



With the child's hip bent up to 90 degrees  
Gradually straighten the knee, keeping the thigh still.  
Hold and repeat.

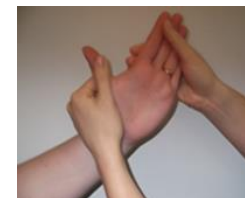
Lying flat, level the hips as much as possible.  
Gently and slowly draw the legs apart, keeping the knees straight.  
Hold and repeat.



Cup one hand around the heel. Gently draw the foot towards a right angle stabilising the leg with the other hand. Use gentle pressure. Hold and repeat.



## 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.

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



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

