



Therapy After Botox or Phenol

If you/your child/your client have received a phenol or botulinum injections to reduce spasticity, here are a few guidelines for therapy!

Phenol

Phenol relaxes muscles right away, by un-coating the nerves, making the message to contract weaker. It is important not to over stretch or pull the muscle the first few days after injections, as a muscle pull might result. Since phenol is generally done for the biceps, adductors and hamstring, avoiding Indian sitting or passive hamstring stretches for a few days is advisable. Stretch only if the child can say “when” it starts to feel uncomfortable. Phenol will last about 6 months and can be repeated.

Botulinum toxin (Myobloc and Botox)

Botulism toxin relaxes muscles gradually, by blocking the messages between the nerve and muscle fibers. It takes about 3-5 days after injection to start working. The effect is gradual, so muscle tears are less likely. Serial casting is often used to get extra “stretch” during the 3 months the medication is working. Botulism toxin is frequently injected in small muscles so taping techniques may be useful when casting cannot be done. Botulism is most often used in smaller muscles such as the gastrocnemius, forearm muscles etc. Dose is based on weight, but is often adjusted based on feedback from the therapist/family, so it is important to let us know how things are going. Often, because of the weight limit, all muscles are not able to be relaxed unless phenol is used.

Muscles injected today:



Follow-up Appt: