



Therapy Information post Baclofen Pump

Please share this with your child's Physical, Occupational and/or Speech Therapists. It will help them plan your child's therapy after a pump has been placed.

- Your child can go back to school about 7 days after surgery or when ready.
- Avoid bending, twisting, overhead reaching or excessive stretching at the waist for 4-6 weeks until the incision is well healed and the anchored catheter is securely tethered in place.
- Exercises to strengthen and stretch muscles, learning new balance reactions and new movement patterns will take time, and dose adjustments will have an impact on these. Please give feedback to the physician as to the impact of the dose changes, so we can collaboratively determine with what speed and amount we need to change dose and alter spasticity.
- Ultrasound, topical heat and electrical stimulation are fine, as long as they are not done directly over the pump site.
- Orthotics, wheelchairs and other devices changes may be needed as spasticity is reduced and goal dose reached– please coordinate these with the pump physician so our goals are synchronized.
- Water therapy can start once the incisions are healed (@ 2 weeks).
- The trunk may appear looser because of the lack of stability previously provided by the lower extremities. If a binder or truncal orthosis is helpful – these will not hurt the pump site.
- Drooling and reduced head control should improve over time in patients that may initially experience some problems in these areas.
- Speech and feeding may improve due to better breath support and muscle use, but this may take time.
- Follow-up of hip and spine position will be routinely done post implant.
- Belly binders can be used (Benick etc) but are not necessary.

I welcome any communication as to how the pump is impacting therapy and functional activities so please do not hesitate to call or email!

Elizabeth Moberg-Wolff MD