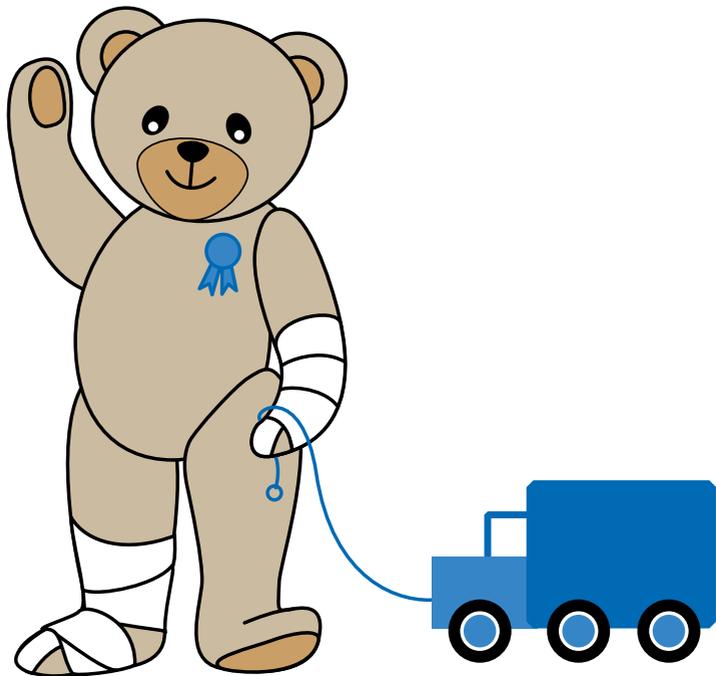


Botulinum Toxin treatment for children

Physiotherapy Department



Patient information leaflet

This patient information leaflet is designed to answer frequently asked questions of parents of children who are due to be treated with Botulinum Toxin (commonly known as botox).

What is Botulinum Toxin?

Botulinum Toxin (botox) is made by the bacterium Clostridium Botulinum. In tiny amounts it is used to relax muscles and decrease muscle spasm. The type of Botulinum Toxin used at Royal Surrey County Hospital is Dysport®.

What is botox used for?

Botox is licensed to treat the 'tip toe' walking in children with cerebral palsy. It is also used in other muscles to assist with personal hygiene, care and fitting splints. Recently it has also been successfully used for 'tip toe' walking in children who do not have cerebral palsy.

How does botox work?

Botox has an effect on the nerves where they meet the muscles. There is a chemical 'messenger' that is released from the ends of the nerves to make the muscle contract. Botox stops this release happening.

Botox helps to reduce some of the muscle contraction and so the muscle becomes less stiff.

Why does my child need botox?

Botox, together with physiotherapy, will allow your child to have greater movement in their affected limb or limbs. Sometimes the botox also reduces any pain in the muscles.

After the botox injection and a period of intensive stretches your child may be able to move into new positions. For example, they may be able to place their foot flat on the floor. This will make walking easier and more comfortable.

Where is the botox injected?

Botox is injected into the affected muscle or muscles whilst your child is under a mild general anaesthetic.

How often does my child need to be injected with botox?

How many injections will vary depending on the muscles that need to be treated. The doctor will make that decision with you.

How long will botox take to work?

Botox works gradually within 2 weeks. Its effect will last up to 16 weeks. In most cases it will cause weakness in the muscle for 3-4 months. Children who walk on their toes may gain a heel-toe walking pattern within 2-4 weeks after an injection into their calf muscle.

Are there any side-effects to botox?

As with all medicines there are possible side-effects but they are rare. In clinical studies, some patients experience leg muscle weakness, falls, abnormal walking, incontinence, diarrhoea and vomiting. If side-effects are seen they are usually mild and temporary. If the side effects are a problem for your child you should tell your doctor.

Will it be painful?

No. Your child will be able to move and walk as they did before, and usually go home that day.

Botulinum Toxin Treatment at Royal Surrey County Hospital

What will happen to my child when they are treated at Royal Surrey County Hospital?

In clinic

You and your child will meet with the orthopaedic consultant in clinic. He will discuss the possibility of using botox with you. Alternative treatments will be discussed with you then. If you require more information about the other treatment options please speak to the consultant.

At Royal Surrey County Hospital, Dysport® (a type of botox) is injected while your child is asleep under general anaesthetic. This allows the consultant to be more accurate when injecting your child. He uses a muscle stimulator to isolate the correct muscle. It also allows the consultant to check your child's range of movement while they are asleep. If everyone is in agreement you will sign the consent form and you will be contacted with the operation date and time in due course.

Before the operation

It is important that you tell your child's physiotherapist that they are due to have botox and ensure that you have some appointments made with them within a few days of the operation. It is essential that you use the time while the botox is working to stretch to lengthen your child's muscles.

You will be informed of the date and time that you need to arrive on Hascombe Ward. It is likely to be 7.30 in the morning and your child will not be able to eat or drink from midnight the previous night.

What happens on the day of the operation?

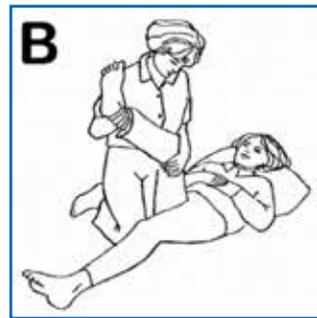
Your child will be taken down to theatre by a porter and one of the staff from Hascombe Ward. You will be allowed to go down to theatre with your child. One person can go with them into the anaesthetic room and stay as they go to sleep. You will then be called back once your child is in recovery.

What will happen after the operation?

Ideally your child will be seen by the physiotherapist on Hascombe Ward before you go home. They will ensure you have an appointment with your community physiotherapist. They will give you a copy of the operation notes to give to your physiotherapist. They can go through some stretches and exercises you and your child should be doing immediately after the operation.

Physiotherapy exercises

■ Hamstrings stretch



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Bend your child's hip and knee up to 90 degrees (Pic A). Then straighten the leg to the end of range (Pic B). Your child will feel a stretch sensation. Hold stretch for 30 seconds. Repeat _____ times.

■ Quadriceps stretch



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With your child lying on their tummy and their knees together. Bend their knee, bringing their foot to their bottom. Hold stretch for 30 seconds. Repeat _____ times.

■ Hip flexor Stretch



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With your child lying on their tummy. Bend their knee to 90 degrees. Lift their leg up, supporting the pelvis. Hold stretch for 30 seconds. Repeat _____ times.

■ Adductor Stretch



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Bend your child's knees. Keeping their feet together, push their knees apart as far as possible until a stretch sensation is felt. Hold stretch 30 seconds. Repeat _____ times.

■ Passive Calf Stretch



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Keeping your child's leg straight bend their ankle up, pointing their toes up towards their nose! Hold stretch for 30 seconds. Repeat _____ times.

Repeat this with the knee bent: – bend their ankle up, hold for 30 seconds. Repeat _____ times.

■ Active Calf Stretch



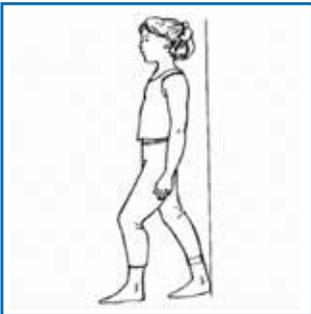
Active Calf Stretch



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Hold position for 30 seconds. Repeat _____ times.

■ Active Calf Stretch



Active Calf Stretch



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Hold position for 30 seconds. Repeat _____ times.

■ Active Calf Stretch



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Hold position for 30 seconds.
Repeat _____ times.

Reference source

This leaflet was written with the help of the Scope charity.

Please see the website for further information:

- www.scope.org.uk/support/families/therapies/botox

For further information, please do not hesitate to contact your community physiotherapist, or the physiotherapy team at the Royal Surrey County Hospital.

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Physiotherapy contact details

Telephone: 01483 464153 (direct line)

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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