

# Stiffness and Spasm Diary

Multiple  
Sclerosis  
Trust

MS

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# STIFFNESS AND SPASMS DIARY

Using a stiffness/spasms diary for a week can help you identify what causes your symptoms to worsen.

## **? How do I fill in the diary?**

The day is divided into 6 sections - on awakening, morning, lunchtime, afternoon, evening and bedtime.

Use this scale to note how troubled you are by your stiffness/spasms - there is a box in each section for you to write down your score.

**1 = not at all troubled**

**2 = a little troubled**

**3 = moderately troubled**

**4 = extremely troubled**

If you are troubled by stiffness and spasms, write down in the space provided what you were doing at the time, how you were feeling or anything you think might be relevant - this will help you identify what triggered your symptoms. As much information as possible will help.

At the end of the week review the diary to see if you can identify a pattern.

## **? What do I do once I've completed my diary?**

Read the list of trigger factors and take appropriate action or take the actions suggested in the booklet.

If you are still unable to identify what is aggravating your symptoms, contact your MS nurse or physiotherapist for further advice.

# Monday

Note how troubled you are by your stiffness/spasms

There is a box in each section for you to write down your score

**On Awakening:**

**Morning:**

**Lunchtime:**

**Afternoon:**

**Evening:**

**Bedtime:**

# Tuesday

Note how troubled you are by your stiffness/spasms

There is a box in each section for you to write down your score

**On Awakening:**

**Morning:**

**Lunchtime:**

**Afternoon:**

**Evening:**

**Bedtime:**

## Wednesday

Note how troubled you are by your stiffness/spasms

There is a box in each section for you to write down your score

**On Awakening:**

**Morning:**

**Lunchtime:**

**Afternoon:**

**Evening:**

**Bedtime:**

# Thursday

Note how troubled you are by your stiffness/spasms

There is a box in each section for you to write down your score

**On Awakening:**

**Morning:**

**Lunchtime:**

**Afternoon:**

**Evening:**

**Bedtime:**

## Friday

Note how troubled you are by your stiffness/spasms

There is a box in each section for you to write down your score

**On Awakening:**

**Morning:**

**Lunchtime:**

**Afternoon:**

**Evening:**

**Bedtime:**

# Saturday

Note how troubled you are by your stiffness/spasms

There is a box in each section for you to write down your score

**On Awakening:**

**Morning:**

**Lunchtime:**

**Afternoon:**

**Evening:**

**Bedtime:**



## Sunday

Note how troubled you are by your stiffness/spasms

There is a box in each section for you to write down your score

**On Awakening:**

**Morning:**

**Lunchtime:**

**Afternoon:**

**Evening:**

**Bedtime:**

# Notes

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Extra copies of the diary can be downloaded from the MS Trust website at [www.ms-trust.org.uk/trigger-diary](http://www.ms-trust.org.uk/trigger-diary)

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### With thanks to

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Please contact the MS Trust information team if you would like any further information about the reference sources used in the production of this publication.

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Spasticity triggers

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**Thank you**

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