

# Evaluation of a Spasticity Management Program for People with Multiple Sclerosis



Cinda Hugos, a researcher at VA Portland Health Care System, is recruiting for a research study to explore the effects of two programs of stretching to decrease severity of multiple sclerosis-related spasticity in the legs.

If you would like to participate, you must:

- Be diagnosed with Multiple Sclerosis
- Be at least 18 years of age
- Have spasticity in your legs with unusual tightening of muscles that feels like leg stiffness, jumping of the legs, a repetitive bouncing of the foot, muscle cramping in the legs, or the legs going out tight and straight or drawing up
- Be able to walk at least 25 feet with or without an assistive device
- Be fluent in written and spoken English
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Participants will be placed randomly into one of two groups and will receive one of two different spasticity management programs. Each program consists of education and exercise training intended to help reduce spasticity. All participants will attend two 2-hour group class sessions, taking place about one week apart. Participants will be asked to complete a series of questionnaires at three timepoints. Those who are participating in Portland will also complete some walking assessments. Participants will be asked to keep track of their stretching using a daily diary for six months.

Participants will receive \$25 each for a baseline and two class visits, and \$50 for each of the two outcome visits that you complete after the classes. If you should drop out of the study before completing all visits, you will be paid for the visits that you completed. If you complete all visits you will be paid a total of \$175.

If you would like further information about the study, please contact

**Sandra Joos at (503) 220-8262 X 58329**

VA Portland Health Care System – Portland division / 3710 SW US Veterans Hospital Road /  
Portland, OR 97239

IRB #3925