

Managing muscle problems in MND

MND causes progressive muscular weakness that may first present as muscle problems eg weakness, twitching, cramps and stiffness.

The multidisciplinary team (MDT) should regularly assess, review and manage muscle problems.

Discuss the available treatment options for muscle problems, taking into account:

- the person's needs
- their preferences
- whether there are difficulties taking medicines eg swallowing issues.

During visits, review:

- how the person is finding the treatment
- whether it's working
- whether they have any adverse side effects.



Pharmacological management

Treatments for cramps

✓ Quinine

If not effective, not tolerated or contraindicated

✓ Baclofen

If not effective, not tolerated or contraindicated

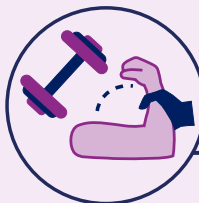
✓ Tizanidine ✓ Gabapentin
✓ Dantrolene

Treatments for stiffness, spasticity or increased tone

✓ Baclofen ✓ Dantrolene
✓ Tizanidine ✓ Gabapentin

Refer to specialist service for severe spasticity

See **NICE's information on prescribing medicines** and the **MHRA safety advice on prescribing gabapentin**.



Non-pharmacological management

Consider an exercise programme to:

- ✓ maintain joint range of movement
- ✓ prevent contractures
- ✓ reduce stiffness and discomfort
- ✓ optimise function and quality of life.

The programme may be resistance-based, active-assisted, or passive. It should be tailored to:

- ✓ the person's level of function
- ✓ their needs, abilities and preferences
- ✓ their postural needs and fatigue.

Check that family members and/or carers are willing and able to help with the exercises. If the person needs orthoses, refer them to orthotics services without delay.

