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Spasticity Management – it's not just Botox

Effective spasticity management is about
coordinated care — not a single intervention.



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Training Overview

This Training provides a practical overview of involuntary movement disorders and their impact on patient function and quality of life, delivered by an experienced multidisciplinary faculty working across NHS and specialist neurorehabilitation services.

It draws on the combined expertise of Peter Sanderson, Clinical Director and Consultant Neurological Physiotherapist, and Michelle Brennan, Senior Physiotherapist. Peter leads one of the UK's largest NHS spasticity services, bringing nationally and internationally recognised expertise in spasticity management and neurological rehabilitation into this clinically focused session.

The content will explore involuntary movement disorders and their impact on patients function and quality of life. It will provide guidance on which patients may benefit from MDT assessment and the treatment options that are available.

Postural management and therapies form the basis of most rehabilitation plans however use of adjuncts such as botulinum toxin, nerve blocks (short and long acting), splinting, casting and surgery, when utilised carefully in coordination with each other can really optimise the patients progress and overall quality of life.

This training will benefit clinicians, therapists, legal and case management professionals, and rehabilitation specialists involved in the assessment and long-term management of individuals with spasticity, dystonia and other involuntary movement disorders. It is particularly relevant for those working within multidisciplinary teams across NHS, independent and community neurorehabilitation settings, including professionals supporting complex neurological cases.

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**By the end of this training,
delegates will be able to:**

1. Identify patients who may benefit from a focussed multi-disciplinary assessment to assist in the long-term management of spasticity, dystonia and other movement disorders.
2. Understand the importance of correctly diagnosing the presenting movement disorder.
3. Have knowledge of pharmaceutical (injectables and systemic drugs) and surgical interventions that may be used to treat the patient.
4. The role of the Hand Therapist in the treatment.
5. The role of the Neuro Physiotherapist in the treatment.
6. The importance of training family and carers to provide a 24/7 treatment approach.



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Biographies



Peter Sanderson , Clinical Director & Consultant Neurological Physiotherapist

Peter Sanderson is Clinical Director at PSP Neuro and Paediatric Rehabilitation and a Consultant Neurological Physiotherapist with extensive experience across both the NHS and private sector. He is internationally recognised for his expertise in neurological rehabilitation and is regularly invited to share best practice with national and international audiences.

Peter leads one of the largest NHS spasticity services in the UK and is actively involved in research focused on patient outcomes in long-term neurological rehabilitation. At PSP, he has brought together medics and specialist clinicians to develop one of the most advanced multidisciplinary spasticity services in the UK, with a strong emphasis on individualised, outcome-driven care.

Peter has significant experience working with adults and children with complex neurological conditions, including acquired and traumatic brain injury, hypoxic brain injury, spinal cord injury and hypoxic ischaemic encephalopathy (HIE). His specialist clinical interest is upper limb spasticity.

Alongside his clinical work, Peter regularly contributes to professional audits and clinical publications. He lectures to pre- and post-graduate clinicians and delivers specialist teaching and masterclasses in neurorehabilitation, spasticity management, anatomy, joint injection techniques and the use of botulinum toxin in rehabilitation, both in the UK and internationally.

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Biographies



Michelle Brennan, Senior Physiotherapist

Michelle is a Senior Physiotherapist with over 21 years' experience working in neurological rehabilitation across hospital and community settings within the NHS. For more than 12 years, she has specialised in adult neurological rehabilitation.

She has a particular interest in tone management and spasticity and brings extensive experience of working within multidisciplinary teams. Michelle works closely with occupational therapists, neuropsychologists, specialist nurses, dietitians, speech and language therapists and social care services to deliver a collaborative, holistic approach to rehabilitation.

Her clinical practice is grounded in evidence-based, person-centred care, supporting individuals with complex neurological needs to achieve meaningful functional outcomes.

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