

# Selective Dorsal Rhizotomy (SDR) in SCOTLAND

**Information for Children**

# What is Selective Dorsal Rhizotomy?

Selective Dorsal Rhizotomy is an operation on your back to help relax stiff leg muscles. It is called SDR for short.

## Why do I need SDR?

Stiff muscles can make it difficult for you to move your legs. They can also be painful sometimes. If you have difficulty moving your legs it can make walking, crawling and moving around more difficult. It can also make you trip or fall over more often or make your splints or shoes uncomfortable. All those things make it harder for you to do what you want to do.

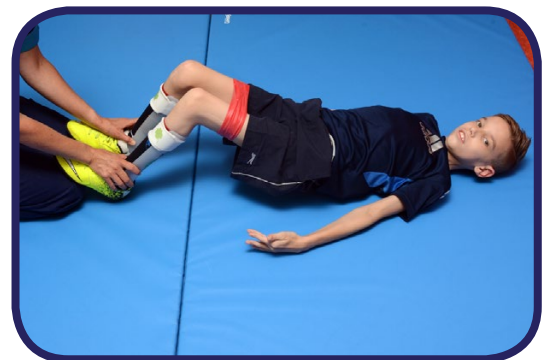
## What happens when I come to the hospital?



A doctor and physiotherapist in the hospital will meet with you to see if SDR will help you.

The doctor will want to meet you and your family and ask lots of questions. They might watch you walking and stretch your legs.

You will meet the physiotherapist who will also ask you and your family some questions. They will ask you to do some fun activities and check your leg movements when you are lying down. They will need to see you walking in your orthoses and with your walker (if you use one) so please bring them with you.



All these things help the hospital team to decide if any of your muscles are stiff. If they think your stiff muscles are making things difficult for you they will talk to you and your family about SDR and how it might help you.

If you don't understand anything you can ask what they mean and they will be happy to explain things to you.



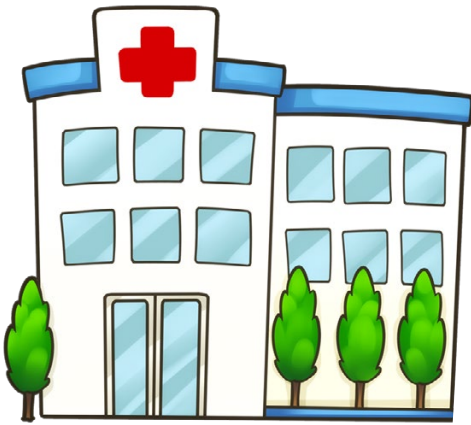
The hospital appointment can take up to 3 hours so bring along a favourite toy, a drink and a snack.

Wearing shorts is a good idea too.

After the appointment you will go home until it is time for you to come back to the hospital to have the operation. This might be lots of weeks away.



# What happens when I come to the hospital for my operation?



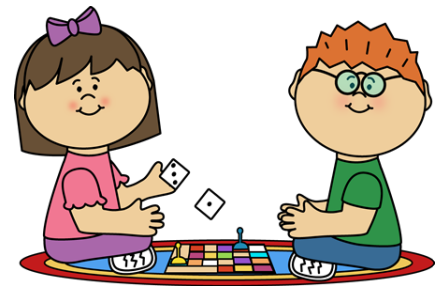
You and your family will come to the ward late morning and meet the nurses. Once you settle in, the physiotherapist will come to see you and do some fun activities and stretches.

You will also be seen by the doctor who will look after you during the operation and they will ask more questions.

After you have met everybody you will sleep on the ward that night.



There is a playroom on the ward and DVDs and Computer Games to play with.



When you wake up it will be nearly time to go for your operation. You won't be able to have breakfast as your tummy must be empty to have the operation.

The nurse and someone from your family will be with you until you are asleep.

When you wake up it will all be finished and your family will come to meet you.



The physiotherapist will come to visit you twice a day. You will go to the physio room most days and play lots of games to help make your muscles strong. Sometimes walking and moving can feel harder so you need to work very hard with the physiotherapist to make sure this gets better.

## Does it hurt?

You will be asleep during the operation and afterwards you will have medicine to make sure it doesn't hurt too much. It might hurt a little bit and your legs might feel a bit different to before.

## When can I go home?



After 3 weeks it will be time to go home but the hard work doesn't stop there. It is really important that you carry on doing your exercises every day with your family and do what your physiotherapist asks. This will help your legs get even stronger and make your walking even better.

## When will I come back to hospital?

The doctors and physiotherapists will want to see you again to see how you are doing in 12 weeks then again 6 months later. The hospital physiotherapist will bring you back to look at how well you are doing as you get older.