



# INFORMATION FOR CHILDREN


Selective Dorsal Rhizotomy  
(SDR) in Scotland





SDR Royal Hospital for Children

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# What is Selective Dorsal Rhizotomy?

Selective Dorsal Rhizotomy is also called SDR. It is a surgery to help to relax leg muscles which are hard to bend.

## Why do I need SDR?

Muscles that are not working well can make it hard for you to move your legs. You might find it hard to move around and walk. Your legs can also be in pain. It can make you trip and fall over. It can also be hard to wear your leg splints or shoes.



# What happens before the operation?

You will meet with a physiotherapist. They will chat to you and do some tests on your muscles, like watching you move and they will move your legs too.



They will check your leg movements when you are lying down and do some leg stretches. They will lie you down and check leg movements again to see how strong you are.

These tests will help to decide if you will get help from having an SDR operation.

They will also need to see your walking or how you get around.

If you use splints or a walker bring them along with you.

If you have any questions you can ask them.

It can take up to three hours to do all the tests. Bring along a toy, drink and a snack. Wearing shorts is also smart to see your legs.





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

You will come to the hospital and meet the doctors and nurses with your carers.

They will ask you some questions and do some quick tests to check you are well.

You will meet the doctor who will look after you. You can ask any questions you like.

You will sleep on the ward that night. This is because your tummy must be empty to have the operation.

The nurse and your Mum or Dad (or carer) will be with you until you are asleep.

There is a playroom on the ward and DVDs and Computer Games to play with. There is also a cinema in the hospital.



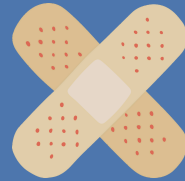
The doctor will give care to your back when you are sleeping. This will make your legs more easy to move.

When you wake up your Mum or Dad (or carer) will come to meet you. You will have a pad on your back. You will have to stay in bed for two days.

After that the exercise team will come to visit you twice a day. You will go to the gym on most days and play lots of games to help make your muscles strong.

To start with walking or moving will be hard. You will work on making your muscles strong.

## Does it hurt?



You will be sleeping when you have the care on your back bone. You can have some pain medication to make sure you feel better when you wake up.

Your back might hurt a little bit. Your legs might not feel the same as before but this will get better quickly.



# When can I go home?

**You will stay at the hospital when you get your surgery**

You might have to stay in the hospital for up to 3 weeks.

You will be able to have someone stay with you.



It will soon be time to go home but the hard work doesn't stop there.

You need to do your stretches and muscle movement every day. This will make your legs strong and your walking better.

# When will I come back to hospital?

The team who saw you in hospital will want to see you again. They will want to know how you are doing. They will see you in 12 weeks and then again 6 months after your operation.

You will come back to see some of the team as you get older. They will talk to you and ask you how you are doing and do some muscle movement tests again.



SDR  
freedom to  
move

# Meet the Team



**Magalie  
McKay**

**SDR  
Physiotherapist**

Mags is our  
physiotherapis



**Valerie  
Orr**

**Neuro Consultant**

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**Tony Amato-  
Watkins**

**Neuro Surgeon**

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# SDR Service

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