

Constraint-Induced Movement Therapy, or CIMT, is an intense series of treatments that teach the brain to “retrain” itself.



WHO DOES IT HELP?

CIMT is effective in children who have limited movement on one side of their body due to diagnoses such as:

- ❖ Cerebral Palsy
- ❖ Stroke
- ❖ Head Injury
- ❖ Brachial Plexus Injury



WHAT DOES CIMT INVOLVE?

During the initial visit, a removable cast is made for the child to wear on the unaffected side for 24 hours a day while participating in CIMT.

Each day, the child will participate in activities to improve:

- ❖ Strength and coordination
- ❖ Hand function (i.e. fine motor coordination, grasp, finger isolation)
- ❖ Self-care skills (i.e. dressing and feeding)
- ❖ Range of Motion



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Believing in the spirit of a child.

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WHO IS ELIGIBLE?

To participate, a child must:

- ❖ Have limited use of one arm and hand (however, goals are more easily obtained when the child has some movement in the affected arm and hand)
- ❖ Be able to grasp with the affected hand
- ❖ Be at least 18 months old
- ❖ Be able to follow directions and pay attention for at least 15 minutes



FAMILY PARTICIPATION

Family members or caregivers are expected to participate in the CIMT program. It is important they complete home programming to help the child use the affected arm and hand during everyday tasks in their home and play environments.

COST

This program costs \$3,200 and is private pay only. The child's family is responsible for payment prior to treatment sessions beginning.

PROGRAM STAFF*

An occupational therapist with extensive training in CIMT and experience working with children of all ages will carry out treatment sessions.

*CIMT therapists participated in the University of Alabama at Birmingham's (UAB) Training for Constraint Induced (CI) therapy Workshop Program. This training program was sponsored and conducted by official members of the UAB CI Therapy Research Group; the originators of the UAB Taub Training® CI therapy treatment protocol. No representation can be made by the UAB CI Therapy Research Group regarding the quality of services provided by training program participants.