

# CONSTRAINT INDUCED MOVEMENT THERAPY (CIMT)



# What is a CIMT Intensive?

Pediatric Constraint Induced Movement Therapy is a well-researched, widely used intervention for children with an impaired upper extremity. The non-affected hand is constrained and the child practices specific skills with the affected hand and arm. CIMT aims to counteract learned non-use phenomenon by restraining the unimpaired limb, which encourages the use of the impaired limb during play based and functional activities.





As the child progresses the therapist will incorporate bimanual treatments to promote bilateral integration and use of both upper extremities during functional tasks. During CIMT intensives, patients receive one-on-one treatment from an occupational therapist. The CIMT Intensive Program is 3 hours per day and typically lasts for 2 to 3 weeks.

# Children with the following conditions may benefit from CIMT:

- Cerebral Palsy
- Brachial Plexus Injury
- Stroke
- Traumatic or Acquired Brain Injury
- Hemispherectomy
- Brain tumor resection



# What does CIMT look like?



CIMT intensive sessions begin with the occupational therapist developing an individualized plan of care for each patient. The therapist selects the appropriate constraint for the child to facilitate use of the affected arm. Preparatory activities, such as moist heat, myofascial release, ROM and stretching, tactile stimulation, and weight bearing are performed to help prepare muscles for functional tasks. The child then engages in functional activities (such as play tasks, dressing, and self feeding) specifically designed to improve the use of the child's affected arm and hand.

## Common Constraints

- Mitts
- Splints
- Slings
- Casts

If we decide that a cast is the most appropriate restraint for your child, we do casting in-house and have all of the necessary supplies.



# Outcomes of CIMT

- Increased ROM/strength
- Improved motor skills
- Increased awareness of affected side
- Increased spontaneous use of the impaired upper extremity
- Improved bilateral coordination
- Improved ability to complete activities of daily living



# CIMT Home Exercise Program (HEP)



In order to maintain and further promote usage of the affected upper extremity after completion of the CIMT intensive program, families will be provided a binder or digital copy with an individualized home exercise program. Follow-up is recommended after 6 months.

# Contact Us

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