



## What to Expect from the Constraint Induced Movement Therapy Program (CIMT)

Below is a general overview of what to expect from your child's treatment experience at UCP-OC. Your child will be in treatment for 3 weeks for a total of 45+ hours based upon their age and functional ability. A typical treatment will be 3 hours daily/5 days weekly. These treatment protocols have been researched extensively by the University of Alabama at Birmingham's Taub Research Clinic and have been found to yield excellent results.

**Day 1:** Testing is usually conducted on Monday mornings for all participants unless otherwise indicated. Two casts will be made if tolerated by your child. Please make sure your child gets adequate sleep the night before.

Your child's typical therapy schedule will be:

9:00 AM -12:00 PM

**Day 2 – 14:** Treatment is Monday through Friday. Following daily treatment, caregivers or the patient (depending on age) will answer questions related to their child's performance with their affected arm. Treatment activities will vary based on the child's age, skill level, and goals.

**Day 14:** The final Thursday of treatment the cast will be removed at the beginning of treatment. At that point, your child will engage in activities with their affected arm as well as bilateral tasks. Upon leaving the treatment on this day, you and your child will be instructed to behave as if the cast were still on by continuing to use the affected arm for dominant hand tasks (eating, brushing, teeth, etc.).

**Final Day (Day 15):** The final day consists of treatment, testing, and review of the home program. Treatment and testing are generally conducted first. Discussion of the home program will have begun earlier in the week and a written copy will be given to the caregiver to go over with the therapist on the final day. Any remaining questions or concerns related to returning home will be addressed on this day. Both arm casts will go home with the child for use by the family or the child's regular therapist.

**Follow-Ups:** Your child's therapist will email you (if you do not have access to email, you may mail your follow-ups to us) beginning the first week after treatment. There will be 4 weekly follow-ups during the first month after formal treatment is completed and subsequent follow-ups occur at 3, 6, and 9 months following treatment. Follow-ups will consist of questions related to the amount of use and the quality of the movement of the child's affected arm. Follow-ups are very important for the retention of learned skills and are a planned component of the treatment program.