



Frequently Asked Questions

- **What is the goal of CIMT Therapy?**
 - The goal of CIMT Therapy is to make substantial improvements in the amount of use and the quality of movement of the more involved extremity.
- **Does my child have to wear a cast?**
 - Yes. Your child's cast will be made on the first day. We will make 2 casts so that it can be changed if one gets wet, excessively dirty, or if you decide to wash one and it needs time to dry. The cast is worn 24 hours a day, 7 days a week. Your child's cast will be removed every 2-3 days and the therapist will wash the arm, check skin integrity, and apply extra padding to the cast if needed.
- **How can I expect my child to respond to the cast?**
 - Most children respond well to the cast, although they may occasionally ask for it to be taken off through the weeks of therapy. Few children, especially the younger ones, do not react well to the casting process, but wearing the cast has not caused negative reactions. The casting process begins with a sock like material being placed over the arm and then wet gauze-like material being wrapped around the arm, over the stocking. We wait for the material to dry and then the cast is cut off with scissors (not a cast saw) in a manner that protects the skin. Then the cast is padded along the edges and straps are placed so that the cast can go back on the arm.
- **Can I take the cast off?**
 - Only if the cast is wet or soiled or if there is an emergency. Then you may take the cast off and change into the alternate cast immediately. UAB has not had any problems that have interfered with continuous cast wear in any of the children they have treated so far.
- **Can my child swim in the cast?**
 - Yes. We suggest that one cast is a swim/bath cast and the other is the one they wear on a regular basis. You may put on the swim cast before swimming or bathing and then change to the dry cast when the activity is completed. The cast takes time to dry, so it will probably still be damp the next time it is used for a water activity. If you have access to a clothes dryer with a sweater/shoe shelf, you may use this shelf to dry to cast in the dryer. Consult your therapist for proper drying instructions.
- **Do I need to be present during therapy?**
 - Caregivers will complete a daily questionnaire and review daily home program prior to dismissal each day. If your child is of the age (10 years or older) that



he/she can answer the questions, your input is still important. Specific days/times will also be scheduled for caregivers to actively participate with their child and therapist so that skills may be more easily transferred to the home environment.

- **Do I have a role in my child's improved motor ability?**
 - Your most important role will be to **expect** your child to use his/her affected arm at home during normal activities. The importance of your participation in this aspect of treatment cannot be overemphasized. It can make the difference between improved use of your child's affected arm for the rest of their lives or simply a short-lived improvement.

- **Will I need to come back for CIMT Therapy in the future?**
 - We do offer brush-up treatments (generally 2 weeks) for the children who have been through the program previously. This is a topic you can discuss with your therapist during your child's initial treatment.