



## Pediatric Constraint Induced Movement Therapy (P-CIMT) at The Children's Institute of Pittsburgh

Pediatric constraint induced movement therapy (P-CIMT) at The Children's Institute of Pittsburgh is an intensive therapy protocol used with children with unilateral (one-sided) motor weakness. The child's unaffected upper extremity is constrained in order to improve motor skills in the child's affected arm and hand.

### Participation in the P-CIMT Program

In order to be effective, the following components for participation in P-CIMT must include:

- Wearing a long-arm cast as a constraint
- Daily therapy (5 times per week)
- Shaping and building on the child's current hand and arm skills
- Discharge planning with a focus on using both hands together

### How long is the program?

A typical protocol runs for four weeks, which includes three weeks of wearing the constraint and one week of bimanual therapy after the cast has been removed. Some of the protocols may vary depending on your child and his or her specific needs.

### What does the typical protocol look like?

Our P-CIMT protocol consists of your child wearing a full-arm cast for 24 hours per day with weekly skin checks. He or she will wear the cast for three weeks and receive daily therapy from an OT to help develop his or her motor movements. You will sign a caregiver agreement, which informs you of the increased time commitment and assistance that is required to make the experience tolerable for your child. You will also be given home program activities to complete on the weekend when the child will not have daily therapy. If your child is more appropriate for the modified (m-PCIMT) protocol, the constraint-wearing period will be less frequent and will be removed outside of therapy and home programming times. View the criteria for the full P-CIMT and modified P-CIMT programs on the reverse of this sheet.



### Is your child appropriate for P-CIMT Therapy?

Most children with unilateral motor weakness are excellent candidates. However, the program is intensive and requires an increased time commitment and support from caregivers. Occupational Therapists can help you determine whether your child is appropriate for the typical or modified protocol.

To learn more or to inquire about admission to the program, please contact us at 412.420.2495 or visit [amazingkids.org](http://amazingkids.org). For specific Constraint Induced Movement Therapy questions, please contact Kaitlyn Goerl at [kag@the-institute.org](mailto:kag@the-institute.org) or 412.420.2120.

## Criteria for the Full P-CIMT Program

A child who:

- Is 2 years of age or older
- Has unilateral motor impairment (hemiparesis)
- Is safe with very minimal or no cognitive delays
- Is able to report pain
- Has caregivers who will minimize frustration by providing assistance with daily activities as needed
- Is ambulatory without a device
- Has a typical frustration tolerance

## Criteria for the Modified P-CIMT Program

A child who:

- Is an infant or toddler (under 2 years of age)
- Has unilateral motor impairment (hemiparesis)
- Is a child over 2 years of age who meets one of the criteria below:
  - Uses a device for ambulation or does not ambulate
  - Has limited use of the affected upper extremity
  - Is unsafe or has moderate cognitive delays
  - Has communication delays or global delays
  - Has limited frustration tolerance
  - Has behavioral concerns
  - Has seizure activity
  - Has skin issues

