**Constraint-Induced Movement Therapy (CIMT)**

**Information for Patients and Families**

Constraint therapy can help to improve arm function after a neurological event (such as stroke or head injury).  It can promote participation of the affected arm during activities as well as improve movement, strength and co-ordination.

There are two components to constraint therapy

1. Constraining the non-affected arm in a glove, sling or splint.  This must be maintained for the majority of the day when you/your family member is completing everyday tasks.  This helps to encourage the affected arm to participate in these events and stops the non-affected arm from taking over.
2. Intensive therapy (with your physiotherapist, occupational therapist, therapy assistant) for the affected arm to improve movement, strength, co-ordination and ability to complete everyday activities.

The glove, sling or splint will be worn from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ until \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ during the day for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ days.

If you are in hospital, usually the nursing or therapy staff will be in charge of putting the glove, sling or splint on but if they forget and you or your family can manage please do so.

If you are an outpatient, you and your family will be shown how to put the glove / sling or splint on so that you can complete the program at home.

**Note for families:**  Please encourage your loved one to wear their glove, sling or splint during the prescribed hours.  Encourage them to use their affected arm as much as possible during these hours and provide some help during tasks.

If there are any questions or concerns please speak to the therapists or nursing staff involved with your loved ones care.

Therapists:    \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(Physiotherapist)

    \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(Occupational therapist)