

CIMT Atlanta - Frequently Asked Questions

Upper and Lower Extremity Programs



What is Constraint Induced Movement Therapy?

Constraint-Induced Movement Therapy (CIMT) is a behavioral and neurorehabilitation program developed by Edward Taub, Ph.D and colleagues. Although CIMT consists of a family of therapies, they share the same concepts used in teaching the brain to “rewire” itself. Dr. Taub’s research has proven that appropriate individuals can learn how to improve the motor ability of their affected extremity through behavioral and physical interventions to promote use of the affected extremity.

Who is a candidate for treatment?

Potential candidates include adults who have neurological impairments as a result of: stroke, traumatic brain injury, or acquired brain injury. CIMT is most effective when provided at least 6 months after your injury; however, you may contact us to start the process of evaluation at 3 months after your injury.

Common neurological impairments treated in the Upper Extremity program include: weakness of the arm and hand, decreased use of affected arm and hand, decreased coordination and fine motor skills, difficulty performing daily tasks such as dressing, grooming, and eating to name a few.

What kind of time commitment is involved for treatment?

Treatment is provided 3 or 4 hours a day, five consecutive weekdays for 2 or 3 consecutive weeks. Although CIMT is an intensive program, each program is individualized to allow for appropriate rest breaks.

Each day, after the completion of treatment in the clinic, you will be given an individualized program to follow at home. You will also be asked to complete two self-evaluations that will assist you and the clinic in tracking your progress once you have returned home. This will also assist us in making additional recommendations for improving your home program and the use of your affected extremity in the home environment.

What can I expect during Constraint Induced Movement Therapy?

An occupational and/or physical therapist works exclusively with each patient to practice behavioral techniques known as shaping and task practice. As the individual repeats timed exercises, the therapist provides encouragement and feedback to improve each task. This positive reinforcement and one-on-one interaction is a key component of the success of CIMT.

Because each person is unique, the therapist designs a program based on the individual’s functional ability, level and goals. Exercises simulate activities of daily living. Materials used are intentionally commonplace, making it easier for patients to continue therapy on their own after returning home.

Is the treatment right for me?

Most individuals have found CIMT to be challenging, primarily due to the intensity, frequency and duration of the

treatment. Initially individuals may experience feelings of frustration and fatigue. It is important you and your family discuss your goals for treatment.

It is very important that you:

- Make the decision for yourself
- Want and desire to improve your functional ability
- Set realistic and specific goals for yourself, which are measurable and meaningful to you to improve your functional ability in your daily life
- Are motivated to work hard and achieve your goals
- Come with the willingness to focus and follow instructions
- Have the determination and commitment to participate in this program

How do I apply?

You can submit an interest form online and setup a screening to see if you are eligible for the program. Once qualified for the upper or lower extremity program, you must complete a registration form.

You may complete your Registration Form online, or if you prefer it can be sent through standard mail at the address below:

Adaptable Therapy Services, LLC.

2400 Old Milton Parkway, #432

Alpharetta, Georgia 30009

How do I know if I meet the qualifications of Constraint Induced Movement Therapy?

Our clinic staff will set up a call with you to assess participation in the upper or lower extremity program. If after reviewing your information, it is determined you do not qualify for our program, we will inform you of this decision and provide suggestions for future consideration.

Upon qualification for the program we will setup a 30 minute Remote Assessment via video. Following completion of remote assessment a treatment date will be scheduled.

We make every attempt to thoroughly screen individuals for assessment and treatment before they travel to Atlanta. However, we cannot confirm your qualifications for treatment until you have completed the therapy screenings with our staff.

What is the cost for treatment?

The program cost will be discussed during your phone consultation. A deposit of is required at the time of registration. Payment may be made in full or divided into 3 payments, via credit card or check. **Final payment must be made 2 weeks prior** to the start of the therapy program.

Does insurance cover the cost of therapy?

CIMT Atlanta is not in network with insurance carriers. The services are self pay.

What is the refund policy?

- **Up to one month before scheduled start date:** Full refund, less \$50 program fee
- **Within one month of scheduled start date:** Full refund less \$1,050 deposit

Program fees are not refunded or prorated for days missed due to illness or injury. An effort is made to make up missed days.

What is the client/staff ratio?

We maintain a 1:1 client to staff ratio.

Who is the staff at CIMT Atlanta?

Staff is composed of occupational therapists and/or physical therapists with specialty training in CIMT.

Is there a way to offset the cost of your program?

Families have had success with completing their own fundraising to assist with cost. Ideas include: Create a page for online fundraising (Medgift.com), carwash, bake sale, craft or garage sale, golf outings, walks and runs, and other fundraising options.

I have a history of seizures. Can I still participate in the CIMT program?

Yes, as long as the seizures are managed.

During Lower Extremity CI Therapy will my leg be restrained ?

No. While traditional upper extremity therapy is based on restraining one arm, the lower extremity program is based on encouraging improved movement with the weaker leg and increasing improved balance and positioning with both legs. Shaping and Task practice focused on type and quality of movement patterns with activities such as sit to stand, standing balance, walking and functional home and community mobility.

Are there any exclusions for the CIMT program?

Yes, if the individual has an inability to participate in purposeful activity, or if the individual has contractures, which limit functional arm use. A screening will be performed to determine eligibility for the program.

Who is responsible for payment?

The clinic operates on a fee-for-service basis. We will require a credit card number to complete the Remote Assessment. If you prefer to pay by money order or cashier's check, we will schedule the Remote Assessment once the check has been received. For the clinic Assessment and treatment charges, you are responsible for payment two weeks prior to the first day of treatment. Acceptable payment methods include credit card, cash, money order or cashier's check. Service fee will be added to credit card payments.

What about expenses related to travel, food and lodging?

Individuals are responsible for all travel, lodging and food expenses during their stay in the Atlanta area. You will be provided with a list of area hotels, including some hotels, which offer discounts to individuals receiving treatment at our clinic.

How is Constraint Induced Movement Therapy at CIMT Atlanta different from other Therapy programs?

The treatment provided at our clinic is based on evidence based practice and extensive clinical research in CI Therapy. CI Therapy has been found to be effective for the recovery of function after stroke and traumatic brain injury regardless of time since injury. Our program provides the intensive, therapist-guided practice of movement that is essential to CIMT.

Do I need a caregiver to come with me to Atlanta?

We strongly encourage patients to bring a caregiver to provide assistance, motivation and encouragement, help with meals, aid with activity of daily living, and home assignments when away from the clinic.

How successful is CIMT Atlanta?

By providing an individualized home program, CIMT empowers individuals to continue improving on their own. Each person has a different way of measuring his or her success. For some, it means playing a musical instrument again. While others define success as being able to eat with a spoon or fork again or walking with improved confidence and mobility.

CIMT has also proven to have a significant impact on caregiver's lives by enabling them to return to work. A recent survey showed that 70% of those who gave up work to care for a family member were able to return to work after their

loved one completes a CIMT program.

CIMT Atlanta, LLC.

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