



CIMT Atlanta, LLC.

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Retrain. Regain. Rewire Your Brain.

## What to Expect from the Constraint Induced Movement Therapy Program - Upper Extremity

Below is a general overview of what to expect from your treatment experience at CIMT Stroke Rehab Atlanta. Your treatment term is for 2 weeks for a total of 40 hours based upon your screening and functional ability. Typical treatment will be 4 hours daily/5 days weekly.

CIMT is an intensive program and you can expect a significant amount of time to be spent on home programming each day. You will spend time at the beginning and end of treatment daily with your therapist for review, and to complete our questionnaire.

*Day 1: Testing is usually conducted on Monday mornings for all participants, unless otherwise indicated.*

*Your typical therapy schedule will be:*

- Morning: 4 hours daily/5 days weekly, 9:00-1:00
- Afternoon: 4 hours daily/5 days weekly, 1:00- 5:00 or 1:30-5:30

*Day 2-13: Treatment is Monday through Friday morning or afternoon. Upon arrival for daily treatment, caregivers and/or the client will answer questions related to home diary and list of home skills performed when out of clinic.*

*Family/caregiver returns 10-15 minutes before the end of the treatment day in order to review daily home programming.*

*Day 14: The final Thursday of treatment will begin with the mitt on, it will be removed approximately 1-2 hours into treatment. At that point, you will engage in activities with their affected arm as well as bilateral tasks. Upon leaving treatment on this day, you 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: 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 client/caregiver to go over with the therapist on this final day. Any remaining questions or concerns related to returning home will be addressed on this day.*

*Follow-Ups: Your therapist will email you (if you do not have access to email, you may mail your follow-ups to us) beginning two weeks after treatment. There will be 1 three-month follow-up, and 1 six-month follow-up. Follow-ups will consist of questions related to the amount of use and the quality of the movement of the clients affected arm. Follow-ups are very important for retention of learned skills and are a planned component of the treatment program. You will not be considered for future participation in the*

*program if they are not completed or if you have not followed through with the home program set by you and your therapist.*