

CIMT

Constraint Induced Movement Therapy

Created by: Marine Nipiosyan OTD student

Constraint-induced movement therapy (CIMT) is a rehabilitation approach designed to prevent “learned non-use” by restraining the less affected limb while training the more affected limb. In children with hemiplegia cerebral palsy, CIMT aims to force engagement of the impaired hand/arm to promote neuroplasticity and improving both movement and functional use in daily life (Ramey et al., 2021).



What is CIMT? CIMT Case Example



References

Ramey, S. L., DeLuca, S. C., Stevenson, R. D., Conaway, M., Darragh, A. R., & Lo, W. (2021). Constraint-Induced Movement Therapy for Cerebral Palsy: A Randomized Trial. *Pediatrics*, 148(5), e2020033878. <https://doi.org/10.1542/peds.2020-033878>