

Frequently Asked Questions

Q: My child recently had Botox™ treatment. Will he/she still be able to participate?

A: He/she must be 4-6 weeks post Botox™ injections in order to participate.

Q: My child has a history of seizures. Can he/she participate in the program?

A: As long as the seizures are managed.

Q: My child has had previous surgeries on his/her weaker upper extremity. Does it exclude him/her from this program?

A: He/she may participate in the CIMT program with a doctor's order.

Q: Are there any precautions that need to be taken after casting?

A: We recommend you check skin daily for redness or irritation after cast use to prevent skin breakdown.



Contact Information

CAMP LOCATION

Wake Forest Business Park, 835-A
Wake Forest, NC 27587
(919) 562-9941

Alicia Mercer, COTA/L
Coordinator of CIMT
Certified Occupational
Therapy Assistant
(919) 906-0663
camp@pedtherapy.com

Benita V. Wicker, OT/L, DPT
Physical Therapist
Occupational Therapist

Leeann Petrina, MOT, OTR/L
Occupational Therapy

Gerry Highsmith, PT, ITFP
Director, Pediatric Therapy Associates
Physical Therapist



CONSTRAINT INDUCED MOVEMENT THERAPY ONE DAY INTENSIVES

Constraint Induced Movement Therapy (CIMT) is a therapy designed to specifically treat “learned non-use” of the affected arm.

MONDAYS
8:00 – 11:00 AM



PEDIATRIC THERAPY ASSOCIATES

4201 Lake Boone Trail, Suite 4
Raleigh, NC 27607
Phone: (919) 781-4434

www.pedtherapy.com



What is CIMT?

- * An innovative treatment for children with one sided weakness especially within the upper extremity.
- * Involves wearing a mitt or a cast on the stronger upper extremity to promote awareness and functional use of the weaker upper extremity.
- * Focused therapy sessions to encourage the use and awareness of the weaker side.
- * Home program developed by licensed therapists.

Who is Eligible?

Birth to 18 years with one sided weakness as a result of:

- Cerebral Palsy
- Traumatic Brain Injury
- Brachial Plexus Injury

What Does the CIMT One Day Intensives Include:

- Total of 3 hours- one hour of Occupational Therapy, one hour of Physical Therapy and one hour of CIMT education including individualized home exercise program (HEP)
- Fabrication of a mitt (separate fee: \$149).
- Two follow up calls to review HEP of CIMT

Scheduling a One Day Intensive

Where: Pediatric Therapy Associates
Wake Forest Business Park, 835-A
Wake Forest, NC 27587
(919) 562-9941

When: Every Monday
Time: 8:00 - 11:00AM

Fee: The Cost of the One Day Intensives would be one OT and one PT evaluation charge.

Cost of Mitt: \$149 (Custom made and includes strappings).

Please contact the administrative staff at the Raleigh office (919) 781-4434 for any questions about cost and fees.



Potential Benefits of CIMT

- * Improved awareness of weaker side
- * Improved movement of weaker side
- * Improved functional use of the weaker side



Key Resources

Deluca, S., Echols, K., & Ramey, S.L. (2007). ACQUIREc therapy: A training manual for effective application of pediatric constraint-induced movement therapy. Hillsborough, C: MindNurture, Inc.

Taub, E., Ramey, S.L., Deluca, S.C., Echols, K. (2004). Efficacy of constraint-induced (CI) movement therapy for children with cerebral palsy. Pediatrics: 113, 2,305-12