"Mommy & Me" Constraint Therapy at Monroe Carell Jr. Children's Hospital at Vanderbilt

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CIMT was originally used with adults who had suffered a stroke, resulting in unilateral hemiplegia. This intervention has expanded to children with hemiplegia who may experience “developmental disregard” for their affected upper extremity. Developmental disregard occurs when normal motor functions of the affected limb were never established due to congenital hemiparesis (Brady & Garcia, 2009). The basic principles of pediatric CIMT are based in motor learning theory that focuses on shaping, repetitive practice, and reinforcement (Deluca, Ramey, Trucks, & Wallace, 2015). There is varying evidence on the practice guidelines around pediatric CIMT, but the consensus is a modified program should be used for children, including alternative casting methods, variable lengths of constraint period, or location of intervention (Brady & Garcia, 2009).

Eligible participants will be recruited with a promotional handout.

Inclusion criteria:
- Patient at VUMC with current OT evaluation and orders
- 2 and 3 year old children with hemiplegia
- One caregiver able to be present for each therapy session
- Cast child’s unaffected arm for 14 days for unimanual activities, followed by 7 days without casting for bimanual activities
- Attend group therapy sessions 2x/week for 2-3 hours each.
- Caregivers implement home activities at least 2 hrs/day
- Caregivers complete questionnaire and COPM before and after intervention to measure outcomes

"Mommy & Me" CIMT Process

1. Conducted a literature review focused on modified CIMT programs for children under 4 years old
2. Created promotional handout for participant recruitment and educational handout for CIMT expectations
3. Developed curricular themes for 6 group therapy sessions:
   - Pirate Land
   - Superhero City
   - Ocean Explorers
   - Space Cadets
   - Zookeepers
   - Spring Garden
4. Created a home activities manual and reward chart for caregiver implementation
5. Developed qualitative survey and researched quantitative survey (COPM) to measure program outcomes

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**References and handouts available on request**