

## An introduction to CIMT

Constraint-Induced Movement Therapy (CIMT) is a proven rehabilitation approach that involves intensive use of your weaker arm and wearing a mitt on your stronger arm.

## How does CIMT work?

CIMT works on simple 'use it to improve it' principles and results in rewiring of the brain as new pathways develop, along with increased arm movement.

## What is TeleCIMT?

TeleCIMT is a 3-week home-based CIMT program developed by an international group of therapists experienced in CIMT. Your home is the most relevant place to increase use of your arm.



If you have any further questions about the program please contact your therapist.

Your therapist's name:

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Your therapist's contact details:

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# TeleCIMT

A specialised program to increase the use of your weaker arm following stroke and other neurological conditions

This resource was made by The TeleCIMT International Development (TIDE) Group with support from Australian Catholic University students





## How does a TeleCIMT program run?

The program runs five days a week for three weeks with mitt-wearing for 6 hours a day to restrict the use of your stronger arm.

During this time, you'll work intensively on chosen activities that tackle the specific movement problems you and your therapist identify.

The program requires commitment from both you and your supporter, but the concentrated hard work you put in over just three weeks will give you the best chance of improving your arm use and the confidence you have in your abilities.

## What support will I receive?

You'll work together with a named 'supporter'. This could be a partner, family member or friend, who wants to help you in your recovery.

You will also have guidance from your physiotherapist and / or occupational therapist via tele-rehab sessions (video calls). These calls take place regularly throughout the program, and as they are home-based, you'll save time on travelling to hospital and clinic appointments.

## Who is TeleCIMT suitable for?

CIMT is for people who are able to pick up something with their weaker hand and let it go again but have learned to depend on their stronger arm in everyday life. You will need access to a device for video calls, e.g. a laptop.

