



# Baby Constraint Induced Movement Therapy



## Baby Constraint Induced Movement Therapy (CIMT)

is designed for infants as young as 3 months of age at risk of hemiplegic cerebral palsy or with a diagnosis of hemiplegic cerebral palsy (HCP). Baby CIMT aims to increase arm and hand movement and can be easily done at home.

### What you need to perform baby CIMT:

- A gentle restraint for dominant arm/hand (i.e. placing a sock or mitten over your child's arm, a "chip clip" over the opening of a onesie, sewing the opening of a shirt sleep shut)
- Safe and age-appropriate toys that are easy to grasp and will motivate your child (i.e. toys with lights or that make sound easily)
- A device to support your child sitting upright, such as an infant seat or high chair

Baby CIMT at home should be supported by weekly coaching with your clinical team, such as an occupational therapist, physiotherapist or an early interventionist. Activity should be supervised and all toys and restraints should be checked periodically.



### Recommended activity duration:

30 minutes per day for 6-7 days per week for 6 weeks, then 6 week break (bimanual play), and repeat for another 6 weeks for a total of >42 hours.

Break up the 30 minutes into shorter sessions if needed.





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## Setting up for baby CIMT

- 1** Ensure your child is sitting upright, symmetrical, and as stable as possible (such as in a high chair or carrier)
- 2** Sit in front of or off to the side to your child
- 3** With the restraint on your child's dominant hand, play with your child to encourage specific movements away from the body



Elbow Extension



Forearm Supination



Wrist Extension



Finger Extension



Thumb Extension/Abduction

## Get Started



Give one toy at a time, wait for your child to move his/her arm



Present "easy to grasp" toys nearby, far away, from both sides, and in middle to provoke reaching and grasping



Put a toy in your child's hand to provoke holding if your child is not able to grasp yet



Present some toys from your hand, from the table or high chair tray to practice grasping



present some toys vertically and horizontally to provoke arm rotation, and use upright surfaces to provoke wrist extension



Practice "letting go" of toys on the table or high chair tray



Provoke pointing and poking with index finger

For information on Holland Bloorview's CIMT programs, visit:

<https://hollandbloorview.ca/cimt>

or contact **Sophie Lam-Damji, OT** at **1-800-363-2440 ext. 6377**