

Ryegate Children's Centre Physiotherapy and Occupational Therapy Under 5's Team

Parent/Carer Information Leaflet – C.I.M.T Explained

C.I.M.T stands for Constraint Induced Movement Therapy. It is a form of therapy intervention which we use here at Ryegate with children who present with one sided weakness (e.g. hemiplegia).

The concept of the therapy is to prevent the child from using their UNAFFECTED arm to encourage performance of tasks using their AFFECTED arm. It can also be used together with bi-manual therapy (using two hands together in play), which we use towards the end of the prescribed therapy programme.

There have been some very good research results from C.I.M.T. At Ryegate we want to help your child reach their full potential from our intervention, and we believe that C.I.M.T. is one way of helping them to achieve.

We can't do this by ourselves, because this type of therapy needs daily practice. We therefore need your help and commitment to carry over this therapy at home, so that together we can make a difference to your child's independence.

The C.I.M.T. Journey

- We will first of all do a baseline assessment and discuss with you and your child what differences you would like to see happen.
- We will measure up and make a hand mitten, which will be used to cover your child's UNAFFECTED hand.
- Your child will be offered x 6 weekly therapy sessions with a therapy assistant, so that we can check on the progress of therapy.
- At home your child will be expected to wear the hand mitten on a daily basis for a prescribed time and you will carry out one to one play with them.
- We will give you play ideas on your weekly visits to us, which you may want to use at home.
- We will do a final assessment at the end of the six weeks, to see if the intervention has made a difference and we will ask you for your views on it.
- After three months we will check with you and your child to see if you would like to repeat the Journey, to see if together we can continue to make a difference.

C.I.M.T will not work for your child without you on board, as it will be you who will be seeing through the daily practice. If you feel you are unable to carry out such a commitment, or if it is not the right time for your child, or if the C.I.M.T. therapy is not working, we can stop. Please tell us what you think, so that we don't start this Journey and we can look at alternative therapy provision.

If you wish to discuss things further about any aspect of your child's therapy intervention, then do feel free to raise anything with your child's therapist.

Telephone **0114 271 7610** if you have any queries about the above information,

Information Leaflet number:
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C.I.M.T. Explained Parent/Carer Information Leaflet

For further advice contact:

Main hospital number: 0114 271 7000

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The Children's Hospital
Western Bank
Sheffield
S10 2TH

PALS office: 0114 271 7594

www.sheffieldchildrens.nhs.uk

Our young patients
are at the centre of everything
we do and all our work is focused
on providing them with the
best facilities, equipment and
experience possible, helping to
provide a world-class facility that
is positioned at the very forefront
of paediatric care.

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