

# Arm's Reach Occupational Therapy



## Constraint Induced Movement Therapy (CIMT)

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## What is CIMT?

It is a safe rehabilitation approach used to enhance recovery of an affected arm and hand post neurological injury. CIMT is 1 of 3 recommended arm interventions in current stroke rehabilitation guidelines and is used with people experiencing other neurological conditions.

Individuals wear a mitt on their stronger hand, to promote the use of their affected arm in exercises and everyday activities. This happens for a set amount of hours a day, depending on programme length and what you feel you can manage.

There are different lengths of CIMT programme to suit people's needs. Programme lengths are on average 2- 3 weeks long but could be longer.

## How does CIMT work?

After neurological injury, individuals often learn to compensate with their stronger arm for everyday tasks. This is only natural after many unsuccessful attempts using the affected arm.

However, research shows there is often potential for the affected arm to relearn some movement and use in daily activities. This can happen through intensive, repetitive therapy, such as CIMT. Engaging in intensive repetitive exercises and task practice whilst wearing the mitt allows great opportunity for relearning.

## What will I need to do?

Carry out a CIMT programme at home which involves completing various tasks with your mitt on for a set amount of time during the day. You will need a CIMT supporter for a few hours a day for most of the programme.

## What will my CIMT supporter need to do?

Be encouraging of you; help set up exercises during 'mitt-wearing time'; assist you with various tasks you are unable to manage on your own with the mitt on.

## What will my Occupational Therapist do?

Jessamy Boydell is an Occupational Therapist (MSc, MROT) with experience working in the field of stroke in London / Bristol. She has run a community CIMT programme since April 2018.

Jessamy will advise you on whether the programme is suitable. If you commit, she will regularly visit you at home; be available by phone to monitor and support your progress; use assessments during the programme to capture any changes.

## I'm interested. How do I find out more?

Please contact Jessamy at Arm's Reach Occupational Therapy to learn more about the CIMT programme, its suitability and fees:

**07305453000**

**info@armsreach-ot.co.uk**