

CAMP HELPING HANDS

Constraint-Induced (CI)

Movement Therapy is an intensive treatment approach for children with decreased use of one upper extremity due to hemiplegia. It involves "constraining" your child's UNAFFECTED arm, using a removeable cast. This creates an environment for your child to use their AFFECTED arm in a variety of FUN and therapeutic activities under the guidance of experienced pediatric occupational therapists.

Recent research studies are showing, that children with Cerebral Palsy who participate in CI movement therapy, for 6 hours per day for 3 weeks, have demonstrated functional

improvements in their hemiplegic arm^(1, 2, 3, 4, 5). Results are showing that functional gains can last up to a year and some claim gains to be permanent.

In light of these research findings, Scott Matthews, Executive Director of Intensive Therapeutics, Inc, a non-profit organization, has developed a program that will provide this level of intensive therapy in a FUN, camp-like environment. At the camp, practice of specific activities will be provided that will target increased use of your child's affected arm. Activities will be provided in individual, paired and group sessions. The primary focus will be that your child has FUN while participating in this

promising, new model of delivering therapy services.

An initial interview and screening will be conducted to determine appropriateness for the camp. Assessment before and after the camp will be completed to measure changes in functional use of the upper extremity. Individualized goals, specific to each child and family, will be established based on the initial assessment. The camp will incorporate activities, based on these goals that will be challenging, but successful, and overall FUN. The goal of the camp is to improve functioning of your child's affected arm. The ultimate goal is for each child to use both arms together, better.

References

1. Charles, J., Lavinder, G. & Gordon, A. M.(2001). Effects of constraint-induced therapy on hand function in children with hemiplegic cerebral palsy. *Pediatric Physical Therapy*, (pp. 68-76). Baltimore, MD: Lippincott, Williams and Wilkins.
2. Crocker, M., Mackay-Lyons, M. & McDonnell, E. (1997). Forced use of the upper extremity in cerebral palsy: a single case design. *American Journal of Occupational Therapy*, 51, 824-833.
3. DeLuca, S. C., Echols, K., Ramey, S. L. & Taub, E. (2003). Pediatric constraint-induced movement therapy for a young child with cerebral palsy: two episodes of care. *Physical Therapy*, 83, 11, 1003-1014.
4. Taub, E. (2004). Efficacy of constraint-induced movement therapy for children with cerebral palsy with asymmetric motor impairment. *Pediatrics*, 113 (2), 305-312.
5. Taub, E., & Wolf, S. L., (1997). Constraint induced movement techniques to facilitate upper extremity use in stroke patients. *Topics in Stroke Rehabilitation*, 3, 38-61.

**FOR MORE INFORMATION
ABOUT THE CAMP,
PLEASE CALL**

**INTENSIVE
THERAPEUTICS
973-771-1582**

DATES AND TIMES
9AM to 3PM
Monday through Friday
July 10th to July 28th

CAST FEE
\$150.00

FEE
\$3000.00

LOCATION
TumbleJam
Music • Movement • Fun
405 Park Avenue
Scotch Plains, NJ 07076
908-322-TJAM (8526)

The child's cast must be brought every day. Parents will be expected to provide their child's lunch.



**Intensive
Therapeutics** INC.

A Nonprofit Organization
www.intensivetherapeutics.org

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