

PROJECT TITLE

A Practical Guide to Implementing Constraint Therapy and Bimanual Training

TEAM MEMBERS

Linda Fay, OT

Sophie Lam-Damji, OT

Yvonne Ng, OT

RATIONALE Constraint Therapy, an evidence based intervention, improves arm and hand function in children with Hemiplegic Cerebral Palsy. Constraint Therapy involves restraining the unaffected arm paired with intensive therapy to encourage use of the affected arm. Bimanual Therapy involves intensive training of both arms to improve independence in daily activities. Despite strong evidence to support the effectiveness of these treatments, there has been limited uptake of these therapies. Some cited barriers for implementation include lack of knowledge and resources. To address this gap, we developed and uploaded a manual to the Holland Bloorview website in order to translate knowledge and build clinical capacity in the community.

Constraint Therapy and Bimanual Training Improves Arm and Hand Function in Children with Hemiplegic Cerebral Palsy



ACTION PLAN

The team developed a user-friendly guide for occupational therapists which includes :

- what is Constraint Therapy and what is Bimanual Training
- who would benefit from Constraint Therapy
- how to assess clients for this intervention
- how to practically choose a restraint
- how to provide developmentally appropriate and progressively and systematically graded activities
- an appendix of home programming activities

SHARING OUR WORK

An email campaign to raise awareness of the manual included:

- profiled through the Canadian and Ontario Association of OTs
- childhooddisability.ca
- Empowered Kids Ontario (EKO) Best Practice Committee

Since its launch, we have received requests to adapt the manual by clinicians in the US and Canada

- This guide can be accessed at:
<http://hollandbloorview.ca/Aboutus/WelcometoHollandBloorview/CentresforLeadership/CentreforChildDevelopment/CPGuide>