Contact Us

Bethany Sloane, PT, DPT
Physical Therapist
304 280-8275
sloaneb@ohsu.edu

Kim Solondz MS, OTR/L
Occupational Therapist
503 494-8315
solondzk@ohsu.edu

Medical Advisor
Jenny Wilson, M.D.
Pediatric Neurologist
503 494-3942
wilsjen@ohsu.edu

Location:
The CDRC Pediatric Constraint-Induced Movement Therapy and Bimanual Intensive Therapy Program is located on the 7th floor of Doernbecher Children’s Hospital:

700 SW Campus Drive
Portland, OR 97239

CDRC Administration Address:
Child Development and Rehabilitation Center
707 SW Gaines Street
Portland, OR 97239

Pediatric Constraint-Induced Movement Therapy and Bimanual Intensive Therapy Program

Child Development and Rehabilitation Center
What is Constraint-Induced Movement Therapy/Bimanual Intensive Therapy (CIMT/BIT)?

- CIMT limits the use of the stronger arm while engaging in intensive therapeutic activities with the weaker arm. A constraint (cast, splint, or mitt) is placed on the stronger arm to help limit movement.
- BIT involves intensive structured practice using both hands together
- This evidence-based treatment has been used successfully with children who have difficulty using one arm or hand.

Who is eligible?

Children ages 6 months to 18 years with one-sided weakness resulting from, but not limited to:

- Hemiplegic Cerebral Palsy
- Traumatic Brain Injury
- Brain Tumor
- Brachial Plexus Injury

CIMT/BIT Protocol at CDRC

Our therapists work directly with the family to tailor the protocol to best meet the needs of the child. In general, this includes:

- Evaluations at CDRC before casting and after the CIMT/BIT trial
- Two protocol options:
  - Intensive: 4-5 weeks, CIMT 2 weeks, BIT 1 week, cast/splint 24 hours, therapy 3x/week
  - Extended: 8 weeks, CIMT 4 weeks, BIT 2 weeks, cast/splint ~1-2 hours/day, therapy 1x/week

- OT and PT treatment at the CDRC or in the home setting
- Development of a comprehensive home activities program
- Collaboration with community providers
- Option for a Telehealth session via Skype or FaceTime.

Potential Benefits of CIMT/BIT

Documented benefits include:

- Increased range of motion, strength, and coordination in the weaker arm
- Increased participation in self-care, play, and school-related tasks
- Changes in sensation in the affected arm
- Improved gross motor and balance skills

Family Testimonials

“My daughter has hemiplegia CP and prefers not to use her weak arm. Over time, the weak arm gets weaker and it hinders her abilities to reach important milestones. This CIMT program allows her to use and practice her non-preferable arm. During the program, we witnessed her weak arm getting stronger everyday. After the program, she was using both hands much more often and she was even crawling! A milestone that we thought she might never reach since she couldn’t even tolerate the hands and knees position before. This program has helped my daughter reaching some amazing milestones and potentials! I’m grateful for the program!”

- Chelsea Wang

Resources:

http://chasa.org/treatment/constraint-induced-movement-therapy/