

## OBJECTIVES

- Identify what Constraint-Induced Movement Therapy (CIMT) is and how it was developed.
- Determine how CIMT works based on the concept of cortical reorganization.
- Recognize how modified CIMT differs from its original structure.
- Analyze motor performance, function and patient's level of motivation to determine if CIMT should be used.
- Integrate current rehabilitation methods, such as PNF and Brunnstrom scales, into this model.
- Assess performance using the Motor Activity Log, Wolf Motor Function Test, and Fugl-Meyer Evaluation.
- Analyze peer-reviewed evidence supporting the effectiveness of CIMT.

## CREDITS

**Physical Therapists/Physical Therapist Assistants:** This program has been approved by the Alabama Board of Physical Therapy for 7.2 contact hours for PTs and PTAs.

**Occupational Therapist:** Cross Country Education is an AOTA Approved Provider of continuing education. This course is offered for .6 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. AOTA Educational level Introductory, Category 2: Occupational Therapy Process.



### Nurses:

Cross Country Education, LLC. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This course is offered for 6 contact hours.

Cross Country Education is an approved provider with the Iowa Board of Nursing, approved provider #328. This course is offered for 7.2 contact hours. Cross Country Education is approved by the California Board of Registered Nursing, Provider #CEP 13345, for 7.2 contact hours. Cross Country Education is an approved provider by the Florida Board of Nursing, provider #50-466. This course is offered for 7.2 contact hours.

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**Other professions:** This seminar qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements

**All professionals:** In order to process continuing education, please bring the appropriate license/certification number to the seminar.

**Amended certificates:** Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

**ADA:** If you require ADA accommodations, please contact Huntsville Hospital Therapy Services at 256-265-8232 at least two weeks before the seminar date so that arrangements can be made.

Huntsville Hospital's Physical Therapy Dept.  
hosts with Cross Country Education

# CONSTRAINT-INDUCED MOVEMENT THERAPY FOR REHABILITATION OF STROKE PATIENTS

Saturday, March 7, 2009

7:30 a.m. Registration

8:00 a.m. - 3:30 p.m. Class time

*At the Dowdle Center At 109 Governors Drive  
in Huntsville, Alabama*



## GENERAL INFORMATION

Stroke is the leading cause of disability in the United States. Over four million individuals in the United States live with some type of disability as a result of having suffered a stroke. Many individuals experience paralysis and paresis, which significantly affects their roles and routines, including basic and advanced activities of daily living. While neurorehabilitation therapies are commonly used to treat these patients, the need to employ evidence-based treatment strategies to ensure optimal outcomes and reimbursement continues to grow. Constraint-Induced Movement Therapy (CIMT) is a technique that supports the use of traditional neurodevelopmental and motor recovery therapies, in which constraint of the non-affected upper extremity, combined with forced repetitive use of the affected upper extremity, work to improve function and performance. It is estimated that 20 percent of chronic stroke patients would appreciably benefit from this evidence-based model, yet only a limited number of qualified professionals and facilities offer such a program.

This one-day seminar will examine Constraint-Induced Movement Therapy, starting with the theory behind why it works in rehabilitating stroke patients and ending with the presentation of evidence and case studies. In between, we will discuss the difference between CIMT and modified CIMT, how to evaluate a patient to determine if CIMT is the right therapy and how to integrate commonly used neurorehabilitation skills and methods into this model. Additionally, you will learn to utilize specific tools to measure the success of each CIMT program that you implement. While understanding how CIMT works and choosing the right candidate for participation are very important, this seminar digs even deeper into a critical element for success in such a program—the intervention skills of the therapist.

### DONALD W. EARLEY, OTD, MA, OTR

Mr. Earley is a licensed Occupational Therapist with over 18 years of experience in both medical and community-based practice. He is currently an associate professor at Saginaw Valley State University in Saginaw, Michigan. Dr. Earley has published, lectured and developed workshops at regional, state and national levels on constraint-induced movement therapy, shoulder conditions, physical agent modalities, chronic pain and lifestyle redesign. He designed and over the past two years, operated a clinic treating adult stroke patients exclusively with constraint-induced movement therapy. He recently received recognition for Innovative Writing in Teaching from Saginaw Valley State University. Dr. Earley earned his B.S. in OT from Eastern Michigan University in 1987, an M.A. in Counselor Education from Central Michigan University in 1993 and a Doctorate in OT from Creighton University in 2004. His extensive experience in occupational therapy practice and academia make Dr. Earley a skilled and knowledgeable instructor.

## WHO SHOULD ATTEND

Occupational Therapists; Occupational Therapy Assistants; Physical Therapists; Physical Therapists Assistants; Rehabilitation Directors; Rehabilitation Nurses; Physiatrists; Massage Therapists

## AGENDA

Conference will be held at HUNTSVILLE HOSPITAL'S CORPORATE UNIVERSITY AT THE DOWDLE CENTER AT 109 Governors Drive in Huntsville, Alabama (Corner of Gallatin St. & Governors Dr. )

7:30am–8:00am Registration & Continental Breakfast  
8:00am–3:30pm Course Content

- CONSTRAINT-INDUCED MOVEMENT THERAPY (CIMT)—THEORY AND BACKGROUND
- UNMODIFIED VS. MODIFIED MODELS: THE CLINICAL REALITY
  - What really works
  - Time constraints/commitment
  - Reimbursement
- WHY CIMT WORKS
  - Cortical reorganization
    - Neuroplasticity and neurosynaptogenesis
    - Experience-dependent plasticity in response to injury
    - Experience-dependent plasticity in response to new learning
    - Motor control principles
- WHEN CIMT WORKS
  - Clinical indications, contraindications, precautions
    - Sub-acute vs. chronic stroke patients
    - Baseline motor performance evaluation
    - Patient medical history
  - Patient motivation and commitment
  - Do expected outcomes justify intensity of therapy?
  - Educating the client's support system
- HOW CIMT WORKS
  - Integrating traditional neurorehabilitation, sensorimotor and functional techniques into CIMT (Lab)
    - Task-oriented approach
    - Bobath approach
    - Brunnstrom stages
    - Proprioceptive Neuromuscular Facilitation (PNF)
    - Rood therapy
    - Affolter method
- PRAGMATIC MEASUREMENT AND EVALUATION
  - Motor Activity Log (MAL)
  - Wolf Motor Function Test (WMFT)/Graded Wolf Motor Function Test (GWMFT)
  - Fugl-Meyer Evaluation of physical performance
- REVIEW OF PUBLISHED EVIDENCE SUPPORTING CIMT AND DISCUSSION OF NEW DEVELOPMENTS/TRENDS
- CASE STUDIES

Lunch is on your own from 11:30am-12:30pm.

## REGISTRATION

For the Physical Therapy - CIMT Conference :

Registration deadline Thursday, March 5, 2009. No refunds after March 7, 2009. Confirmation of registration is not automatically sent to participants; feel free to phone for confirmation.

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First Name, Last Name (required)

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ABN License Number (required if applicable)

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Employee ID# (Huntsville Hospital Employee Only)

R.N./L.P.N.  P.T.  O.T.

Others \_\_\_\_\_

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip

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Phone and/or Email Address

Huntsville Hospital and	
Athens Limestone Employee	\$99.00
Non-employee	\$189.00

### **Mail registration form and payment by check to:**

Huntsville Hospital • Physical Therapy Dept.  
101 Sivley Road • Huntsville, Alabama 35801

Checks payable to Huntsville Hospital

**For more information, please call 256.265-8232**

DISCLAIMER: Any opinions, findings, recommendations or conclusions expressed by the author(s) or speaker(s) do not necessarily reflect the views of Cross Country Education. Cross Country Education reserves the right to substitute a qualified instructor due to unforeseen circumstances.

Registrants will not receive a certificate until payment has been received. If payment is not received ten (10) days prior to the seminar, the certificate may not be present at the seminar.

For further information about Huntsville Hospital classes, go to [www.huntsvillehospital.org](http://www.huntsvillehospital.org) or call 256.265.8025.