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Efficacy of modified constraint-induced movement therapy (mCIMT) protocol with clients with chronic stroke

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Objective: To determine efficacy of a new modified constraint - induced movement therapy protocol in clients with chronic stroke. Method: Each participant will undergo a six week modified constraint-induced movement (mCIMT) therapy protocol to determine changes in affected arm use and function after a chronic stroke. For six weeks, each participant will visit the Occupational Therapy Adult Outpatient Clinic twice per week for 75 minutes of one on one skilled instruction in fine and gross motor activities, and activities of daily living. They will also wear a sling and mitt five hours per day for each weekday on the non-affected arm. Results: After comparison and descriptive statistical analysis about the use of the affected arm in activities, the quality of movement of the affected arm, participant performance and satisfaction with affected arm function of the pre test and post test measures, the results will determine the effectiveness of our modified constraint induced movement therapy protocol in increasing affected arm use, function, and movement. The survey will undergo both quantitative and qualitative analysis to determine participants' opinions, satisfaction, adherence, etc. to the mCIMT protocol. Potential benefits and results of the study include: (1) Increased movement of affected arm, (2) increased function of affected arm, (3) increased satisfaction of movement in affected arm, (4) stronger, quicker movements of affected arm, (5) increased perception of movement, and/or (6) ability to do activities not performed before. Conclusions: This pilot study will provide insight into determining if a less intensive modified constraint-induced protocol is effective, and if the protocol is effective when used with clients 1+ years past stroke.