

Eli's Rehab Report

NEWS BRIEF ~ CIMT Shows Promise for Stroke Victims

Stroke survivors who had lost function in one arm showed dramatic clinical improvements lasting a year after a special two-week rehabilitation regimen, researchers say.

Researchers funded by the National Institute of Child Health and Human Development (NICHD) and the National Institute of Neurological Disorders and Stroke (NINDS) tested 222 patients using constraint-induced movement therapy (CIMT). The study is featured in the Nov. 1 issue of The Journal of the American Medical Association.

CIMT involves training the weakened hand and arm through repetitive exercises, while restraining the unaffected hand and arm with a mitt like a boxing glove. The theory behind the hand restraint is that it forces the wearer to use the affected hand and arm.

The results: The study showed that CIMT can be helpful for between 5 and 30 percent of the stroke population, says the study's leader, **Steven Wolf**, professor of rehabilitation medicine at Emory University.