

SCOTTISH RITE



The Feasibility and Effectiveness of Therapy Together: An Intensive Upper Limb Therapy Program for Young Children with Cerebral Palsy and Their Caregivers

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Supported by Scottish Rite for Children Clinical Research and Texas Woman's University Department of Occupational Therapy

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Key Information about the Research Study: The purpose of this study is to investigate the effectiveness of Therapy Together. Therapy Together is a group based intensive upper limb intervention for children ages 3 months to 4 years 11 months that present with unilateral cerebral palsy or are at risk for developing unilateral cerebral palsy. The child and their caregiver attend 1-hour weekly sessions in person or online and engage in therapeutic activities at home focused on arm/hand skills and cognitive development for 30 minutes to 1 hour each day for 8 weeks. You will be asked to complete an in-person assessment before and after the 8 weeks of therapy intervention. The first 7 weeks of the program focus on constraint induced movement therapy (CIMT) where the preferred hand is restrained with a soft glove to promote use of the assisting hand. Week 8 focuses on the use of two hands together. Cognitive skills will be incorporated into the play-based motor activities throughout the sessions.

Eligibility: Child age 3 months to 4 years with a diagnosis of unilateral cerebral palsy or at risk for developing unilateral cerebral palsy. Infants and children must be able to visually attend to objects, demonstrate an interest in objects and attempt to reach for or grasp them with the impaired upper extremity.

Benefits: Participants and their caregivers will attend weekly group therapy sessions at no cost focused on parent coaching to implement therapeutic activities in the home to improve cognitive and motor skills.

Time Commitment: Participants and their parents are required to complete 2 on-site evaluations (one before and one after the intervention) lasting 1-2 hours. Participants and their caregivers are required to attend 8, 1-hour group sessions and can select if they would like to participate on-site or online. Caregivers are required to implement the therapeutic activities at home 30 minutes per day or 60 minutes per day depending on the random group assignment.

If you would like more information about this study, please contact Angela Shierk at ashierk@twu.edu (806) 470-0006 or Heather Roberts at Hroberts3@twu.edu.

