



**Children's  
Rehabilitation Center**

765 Allens Avenue, Suite 200  
Providence, RI 02905

## **Constraint Therapy Program**

The constraint therapy program is an intense therapy model for children who have difficulty using one arm. The program is designed using the evidence-based theory that a child's developing brain has the ability to create additional pathways that enable the child to develop new skills.

Constraint therapy involves casting (from fingertips to shoulder, worn 24 hours per day) of the stronger arm to promote improved strength and function of the weaker arm. The child's family is encouraged to participate during the therapy sessions and is educated on ways to continue to facilitate use of the weaker arm outside the therapy sessions.

A pediatric occupational therapist will provide one-on-one treatment for your child. The program is 4 weeks long and consists of 21 days of 6-hour therapy sessions. Treatment is provided in the child's natural environment: the home, community or temporary home. The program emphasizes functional independence, improved awareness and spontaneous use of the weaker arm and developmentally appropriate play.

The constraint therapy program is appropriate for children who have one-sided weakness from a neurological impairment. Each child's skills, abilities, and diagnoses will be assessed to determine if the child is an appropriate candidate for the program. If your child is unable to be screened in person due to distance from our outpatient clinic, you will be asked to send a video of the child prior to acceptance to ensure your child is appropriate for the constraint therapy program.

We welcome the participation of children and their families who live out of state. If a patient and family are traveling from out of state, we have established many community relationships to make the visit as pleasant as possible. For information on options for lodging, family-friendly restaurants and attractions, please visit our website at [HasbroChildrensHospital.org](http://HasbroChildrensHospital.org).

Insurance companies do not typically cover constraint therapy; Hasbro Children's Hospital bills families directly. Many families choose to petition their insurance companies for reimbursement.

**For more information, please call 401-432-6800, ext. 1.**

