



## The Transfer Package in CIMT

TIDE Group





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### 3. A transfer package to support transfer of new skills into real life





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### Learning Objectives

- To describe the purpose and importance of the transfer package in a CIMT program
- Describe the sub-components of the transfer package
- Understand how the transfer package supports generalisation of use of the affected arm in daily life




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### What is included in the transfer package?<sup>1, 2</sup>



- Behavioral contract
- Home diary
- Home skill assignment
- Home practice
- Daily administration of the MAL<sup>3</sup>
- Daily schedule




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### The importance of the transfer package<sup>2</sup>


2 x 2 Factorial design

	Transfer Package	No Transfer Package
Repetitive Training <b>with</b> Shaping and restraint	Group 1 (n=10)	Group 2 (n=10)
Repetitive Training <b>without</b> Shaping and restraint	Group 3 (n=10)	Group 4 (n=10)




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### The importance of the transfer package<sup>2</sup>



- All four groups improved in their arm function (Wolf Motor Function Test)
- Groups who had received the transfer package 2.4x greater improvement on Motor Activity Log compared to no transfer package
- Gains maintained at 1 year follow up

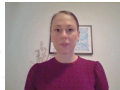


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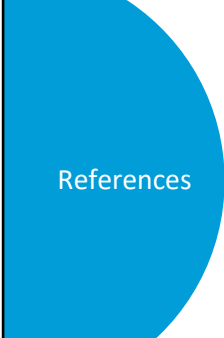


TAKE HOME MESSAGE:

**THE TRANSFER PACKAGE  
APPEARS TO BE A CRUCIAL  
COMPONENT OF ANY CIMT  
PROGRAM**




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References

1. Morris, D., Taub, E., & Mark, V. W. (2006). Constraint-induced movement therapy: characterising the intervention protocol. *Europa Medicophysica*, 42(3), 257-268.
2. Taub, E., Uswatte, G., Mark, V. W., Morris, D. M., Barman, J., Bowman, M. H., . . . Bishop-McKay, S. (2013). Method for enhancing real-world use of a more affected arm in chronic stroke: transfer package of constraint-induced movement therapy. *Stroke*, 44(5), 1383-1388. doi:10.1161/STROKEAHA.111.000559
3. Taub, E., McCulloch, K., Uswatte, G., Morris, D. (2011). *Motor Activity Log (MAL) Manual*. Alabama, USA, University of Birmingham, Alabama. Accessed via: [https://www.uab.edu/citherapy/images/pdf\\_files/CI\\_T\\_Training\\_MAL\\_manual.pdf](https://www.uab.edu/citherapy/images/pdf_files/CI_T_Training_MAL_manual.pdf)



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