

A six-week intensive upper extremity day hospital treatment program that provides a fun, social and therapeutic environment for children with hemiplegia or hemiparesis.



#### About Blythedale:

Blythedale is New York State's only independent, specialty children's hospital dedicated to improving the health and quality of life of children with complex medical illnesses and conditions. Our Board Certified physicians, experienced nurses and supporting clinicians work with families to provide individualized, intensive and innovative medical and therapeutic care. Together with specialized school curricula and family support services, we help children achieve their rehabilitative goals and return to their communities.

*For more information about the program, please contact Director of Occupational Therapy Julie Knitter at (914) 831-2503 or email to [juliek@blythedale.org](mailto:juliek@blythedale.org)*

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## Intensive Upper Extremity Summer Program



**July 8 - August 16, 2024**

Six-Week Program

8:30 a.m. to 11:00 a.m.

12:00 p.m. to 2:30 p.m.



Blythedale Children's Hospital is pleased to offer its **Intensive Upper Extremity Summer Program** for children who have weakness and limited use of one arm.

The concepts of constraint induced movement therapy and bimanual therapy will be applied in the activities used in the program. Constraint induced movement therapy focuses on limiting use of the stronger arm to encourage use of the weaker arm during play and self care activities.



Bimanual therapy focuses on using both hands together to participate in activities. The goal is to help improve use of the weaker arm and hand to participate in bimanual activities for daily life activities.

A typical day will include a variety of fun, therapeutic activities such as:

- Arts and crafts
- Sports/playground activities
- Sensory play
- Fine and gross motor games
- Self care activities
- UE Strengthening/ROM exercises

Activities will be designed to meet individual needs and therapy goals for each child.

**Call (914) 831-2503 for more information.**

## Eligibility for the Upper Extremity Program

Children between the ages of five to ten years old, with decreased use of one upper extremity due to hemiplegia or hemiparesis as a result of cerebral palsy, traumatic brain injury, stroke or other diagnoses are appropriate for this program. Students should be able to follow verbal directions, have previous experience attending daycare center/center-based program /school, and have active movement of all joints of affected upper extremity.

The program will be directed and implemented by Blythedale's occupational therapists and Day Hospital teams. Individual and small group occupational therapy will be provided every-day. Physical therapy, speech therapy and nursing services are available as needed.

