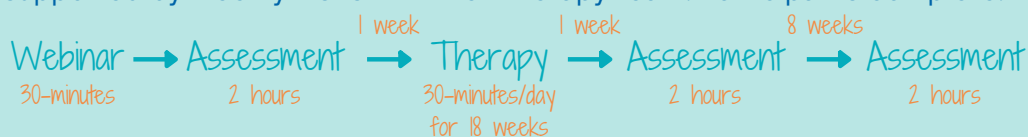


STUDY UPDATES JANUARY TO JUNE 2023

HEIGHTEN Study Overview

HEIGHTEN involves home-based upper limb therapy for babies and toddlers who have a less preferred hand/arm. Each child's caregiver delivers therapy, supported by weekly visits with their therapy team. Participants complete:



The study is investigating whether the therapy is feasible and effective for achieving hand function goals and for improving use of the less preferred hand/arm.



Progress + News

- Calgary exceeded the recruitment target of 10 children, and Edmonton is approaching 10.
- We are updating the study website with photos & videos from interested participants.
 - Contact Alicia if you'd like to contribute: alicia.hilderley@ahs.ca



Scan for study website

Calgary Updates

- Site: Pediatric Community Rehabilitation (PCR)
- May 2023: Study enrolment closed after 1 year
- PCR now has a clinical program based on HEIGHTEN
- Current status:

15 children
screened

11 enrolled

6 complete
to date

Edmonton Updates

- Site: Glenrose Rehabilitation Hospital
- September 2022: Enrolment opened
- Target recruitment: 10 children within 1 year
- Current status:

10 children
screened

8 enrolled

2 complete
to date

What Parents are Saying

"I cannot say enough good things about the HEIGHTEN study. Although slightly overwhelming at first, the improvements we saw in our daughter's range of motion and awareness of her affected arm and hand are astounding. She continues to use her affected arm, hand and fingers in bilateral movements and we are even beginning to see her use her affected side independently as well. The therapists and organizers within the study were nothing short of amazing and supportive."

What's Next

- The next newsletter will share updates for July - December 2023.
- Information from the study will be analyzed once all participants have completed the study (by April 2024).
- Analysis will be done by our research team of caregiver partners, clinicians, and researchers.
- Overall study results will be shared with participants mid-2024.