

SUMMER 2025 UPDATES

The INTERPLAY study aims to support implementation of hand therapy for young children with cerebral palsy. We have now finished data collection for our four study phases:



IDENTIFY BARRIERS & FACILITATORS

Phase One used a national survey to identify barriers & facilitators to early hand therapy.



SELECT STRATEGIES

Phase Two used survey results to select appropriate implementation strategies.



EXPLAIN & EVALUATE

Phase Three used interviews to explain and evaluate Phase One & Two findings.



REFINE STRATEGIES

Phase Four used a co-design session to refine & prioritize the implementation strategies.

PRIORITY STRATEGIES

We are now creating and sharing 11 strategies in priority order:

READY TO SHARE:

1. **Develop a therapy roadmap** from early identification, therapist referral, to therapy content.
2. **Raise awareness** of early hand therapy amongst families and clinicians providing care to young children.

NEXT UP:

3. **Create a therapy guide** that is evidence-based for occupational therapists (OTs) and includes educational materials for families.
4. **Support occupational therapists** to offer early hand therapy with training and mentorship.
5. **Support families** to deliver home-based therapy by sharing clear expectations, a standard session plan, checking in, and offering virtual options.
6. **Communicate** openly to support information sharing and partnership building between caregivers and OTs.
7. **Allocate funding** from public health care to support delivery of early intensive hand therapy.
8. **Make materials available** to families, including an effective constraint, toys, and seating.
9. **Offer peer support** programs for children and families.
10. **Individualize** therapy for each child and family, while maintaining an intervention structure.
11. **Evaluate** therapy and program delivery often, with a focus on observable gains.

THERAPY ROADMAPS

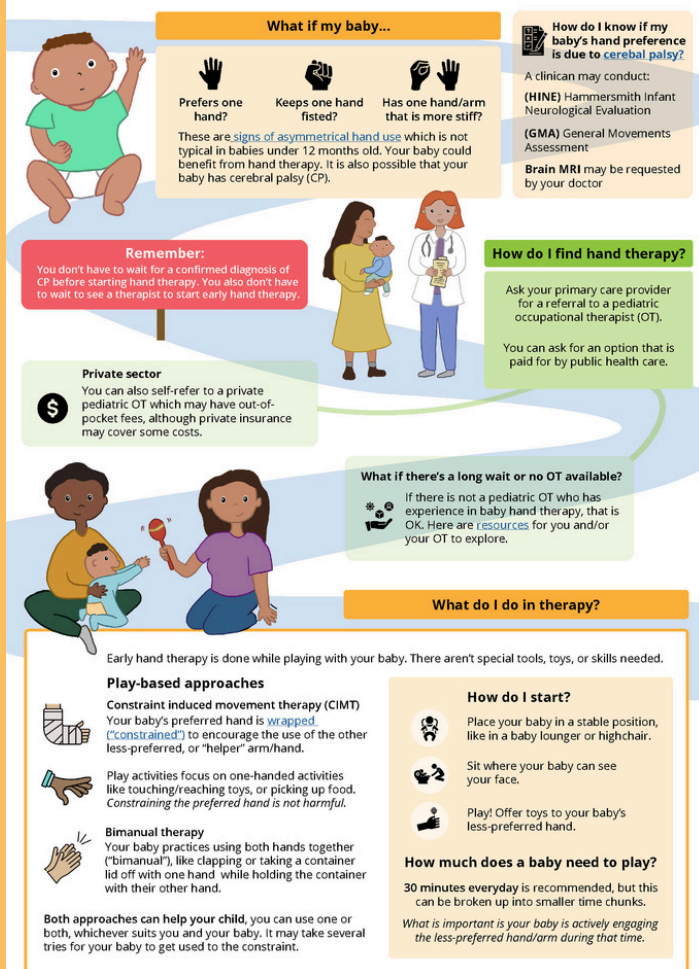
- There are two versions of therapy roadmaps, one for parents and one for therapists.
- These are designed to apply to anywhere in Canada.
- Interested in a version tailored to your setting?

Email us at INTERPLAY.study@ucalgary.ca

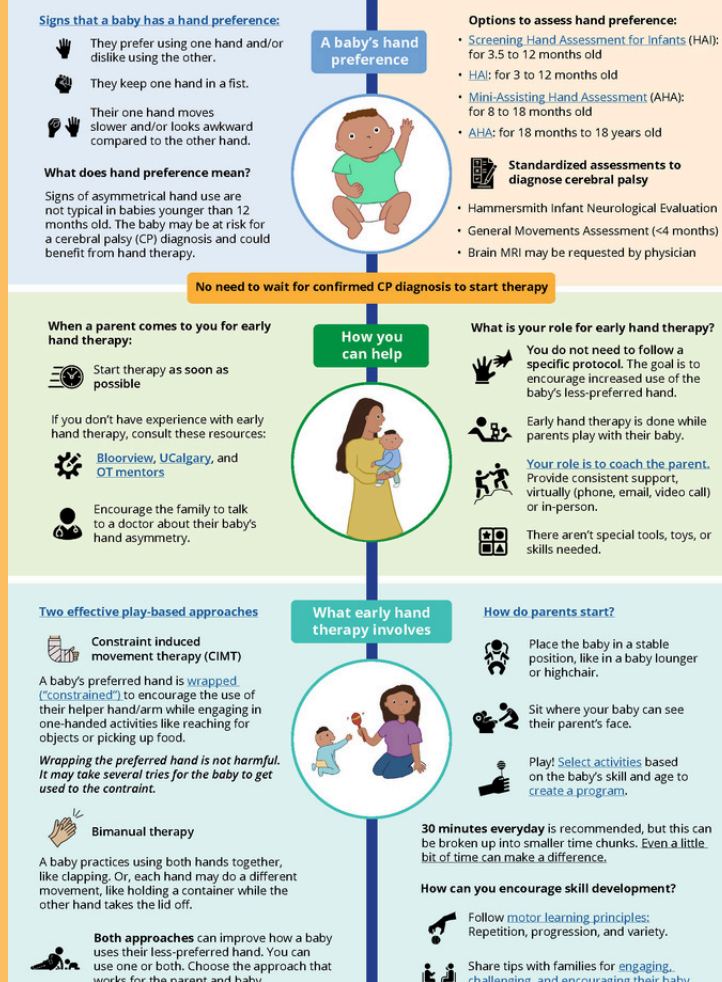
For downloads

CLICK
HERE!

A Parent's Roadmap to Hand Therapy



An Occupational Therapist's Roadmap to Hand Therapy



Where can I learn more? Instagram: [@therapy4littlehands](#) Websites: [UCalgary](#) | [Bloorview](#)



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RAISE AWARENESS

- To raise awareness, we have three approaches:
 1. Centralize information on one platform
 2. Form a directory of occupational therapists
 3. Hold regular webinars

1



Follow our account on Instagram:
@therapy4littlehands



2

Looking for an occupational therapist with
early hand therapy experience?
Use the directory to find one in your area:

OT Directory

3



Join our monthly drop-in webinars to
connect with an occupational therapist
experienced with early hand therapy.



WHAT'S NEXT?

Interested in study updates? Curious about helping create strategies?
Click the icon to email us at INTERPLAY.study@ucalgary.ca



CONTACT US

THANK YOU!

The INTERPLAY study is possible because of your interest and participation, and the efforts of our national team of parents, occupational therapists, team leads, researchers, and physicians.



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Holland Bloorview
Kids Rehabilitation Hospital



CHILD-BRIGHT
Network

INTERPLAY is supported by the CHILD-BRIGHT
Network, under Canada's Strategy for Patient-
Oriented Research (SPOR) initiative.