The science

behind Constant Therapy

Effectiveness of an impairment-based individualized rehabilitation program using an iPad-based platform

Des Roches, C., Balachandrian, I., Ascenso, E., Tripodis, Y., Kiran, S. (2015, January)
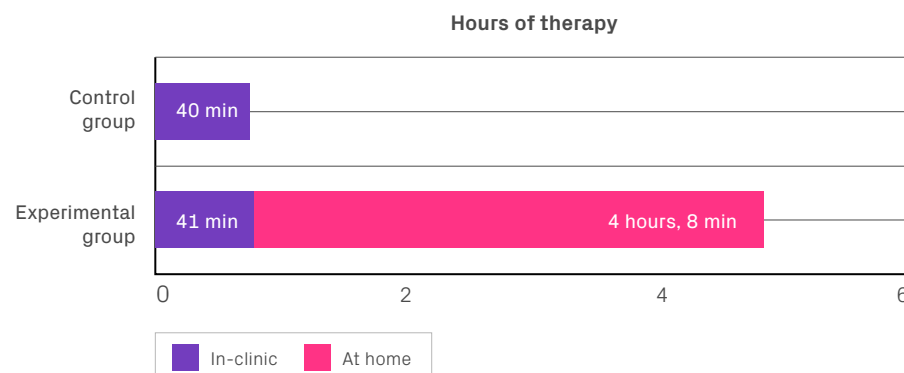
HIGHLIGHTS

METHODS

- Fifty-one individuals with aphasia due to a stroke or traumatic brain injury participated in a 10-week program using Constant Therapy. Participants were divided into experimental and control groups.

- Both experimental and control participants received one hour of in-clinic therapy with a clinician. The **experimental participants** also used Constant Therapy to practice their **personalized therapy programs at home.**

RESULTS

- Both groups showed improvement on therapy tasks over time. However, home program users who used Constant Therapy showed greater improvement in accuracy and latency on tasks.

- Constant Therapy home program users practiced 4X more per week on average than individuals using Constant Therapy in clinic only (Figure 1).

- Constant Therapy home program users showed statistically significant positive changes in standardized tests (i.e., WAB, BNT, CLQT) compared to the control group.

FIGURE 1

Hours of therapy

Control group: 40 min
Experimental group: 41 min / 4 hours, 8 min

In-clinic ■ At home

Research published using Constant Therapy

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