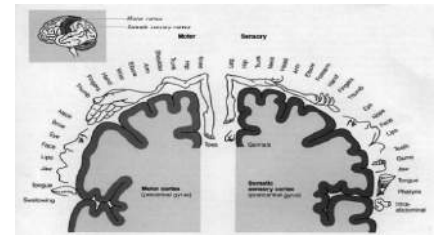


## GRADED MOTOR IMAGERY PROGRAM

### WHAT IS IT?

- Rehabilitation program used to treat pain, aid recovery from injury and improve performance
- Exercise the brain
- Increase difficulty as progress is made



### LEFT/RIGHT JUDGEMENTS



- Use either the Recognise™ app or cards, or look through a newspaper or magazine, to find images of people's hands
- Attempt to correctly *identify* images of hands as right or left
- Repeat this activity every second hour
- For more information, go to - <http://www.noigroup.com/recognise>

### IMAGINED MOVEMENTS



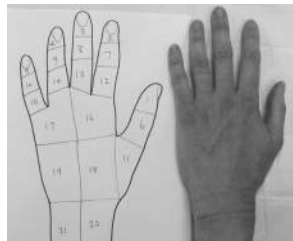
- Use either the Recognise™ app or cards, or look through a newspaper or magazine, to find images of hands
- *Imagine* moving your arm to the posture of the hand in the image
- By imagining movements, you use similar areas of the brain that are used when you actually move.
- Talk to your therapist about how to grade the task.

### MIRROR BOX



- Use a mirror to trick the brain that an injured part is actually OK
- Place the affected hand inside a mirror box, and then *look* at the reflection of the unaffected hand
- Start by just looking at the reflection of the hand as you turn it over, make a fist, straighten the fingers
- If pain is severe, it is enough to just look at the reflected image
- Progress to moving the hand inside the box with corresponding movements

### CORTICAL REORGANISATION



- Trace a line around your hand and arm
- Divide the drawing into sections and label with numbers
- Ask another person to touch your hand and forearm with either a cork or the straightened tip of a paper clip
- Without looking, attempt to identify *where* they are touching you and *what* they are touching you with
- Repeat at least twice per day, with 20 touches each time