

# GRADED MOTOR IMAGERY

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Graded Motor Imagery (GMI) is a rehabilitation process used to treat pain and movement problems related to nervous systems disorders by exercising the brain. It can be taught by a physiotherapist or pain specialist, but is also possible to learn independently with the right amount of research and practice.

Part of the therapy includes something called Mirror Box Therapy, perhaps a little more well known, which involves tricking the brain into believing that the affected limb is healthy. Originally used for relief of phantom limb pain, it has since been proven effective for stroke rehabilitation and CRPS / RSD.

For an introductory look visit:

<http://www.gradedmotorimagery.com/>

## Some other useful resources:

### David Butler on Graded Motor Imagery [Video]

Neuro Orthopaedic Institute

<https://www.youtube.com/watch?v=zWyhpiXy9Ig>

### The Effects of Graded Motor Imagery on Chronic Pain

American Pain Society's Journal of Pain

<http://www.bodyinmind.org/wp-content/uploads/The-Effects-of-Graded-Motor-Imagery-and-Its-Components-on-Chronic-Pain-A-Systematic-Review-and-Meta->

Analysis.pdf

## **Graded Motor Imagery - Practical Solutions for Painful Conditions**

<http://www.specialistpainphysio.com/graded-motor-imagery/>

## **Graded Motor Imagery Protocol for CRPS**

Forward Thinking PT

<http://forwardthinkingpt.com/2011/10/11/graded-motor-imagery-protocol-for-crps/>

## **Graded Motor Imagery: The Science, Theory & Practice**

Tim Cocks & Robyn Cook

[http://www.sisa.net.au/\\_upload\\_docs/20131216090810.Tim%20Cocks%20-%20Graded%20Motor%20Imagery.pdf](http://www.sisa.net.au/_upload_docs/20131216090810.Tim%20Cocks%20-%20Graded%20Motor%20Imagery.pdf)

## **Clearing the Brain of Phantom Pain**

Mirror therapy can re-program a brain's malfunctioning pain system

by Neuropsychologist Jenni Ogden

<http://www.psychologytoday.com/blog/trouble-in-mind/201205/clearing-the-brain-phantom-pain>

## **See Where It Hurts**

by Debra Anscombe Wood

<http://news.nurse.com/article/20111114/TODAYINPT0104/111140034>

## **Do It Yourself Mirror Therapy (DVD)**

Learn How to Stop Your Phantom Pain by Dr. Beth Darnall

Instructional DVD includes background information, patient demonstrations & FAQs

[http://www.ohsu.edu/tech-transfer/portal/technology.php?technology\\_id=543533](http://www.ohsu.edu/tech-transfer/portal/technology.php?technology_id=543533)



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