



REHABILITATION

Graded Motor Imagery - Mirror Therapy

Sometimes there is a misunderstanding or mismatch in the brain between movements and sensations (feelings) in a limb.

Mirror Therapy has been found to help some patients reduce or relieve the pain and stiffness that this can cause. It is a form of training that attempts to trick the brain into believing the painful and stiff limb is moving normally. The visual illusion is done with repeated daily practice and it is used to correct or lessen this mismatch in the brain.

What do I need?

A quiet location.

A full length mirror / medium sized mirror allowing your hand, wrist, and forearm to be seen.

How is Mirror Therapy done?

Remove watches/jewellery to convince your brain the reflection is your affected limb.

Relax in sitting or standing.

Place the mirror in front of you, as in the image below.

Place your unaffected limb in front of the mirror and your affected limb behind it.

- Look at the reflection of your limb for a few moments.
- Slowly and gently start to move both limbs/ hands at exactly the same time.
- Move the least painful areas first, then progress to more sensitive areas.
- Try and stay relaxed throughout the session.
- If your pain worsens, your affected limb can be rested whilst you concentrate on the reflection.



*Attempt 4-5 times/day
for short periods of
5 – 10 minutes.*

Your limb/hand may feel unusual to you, for instance it may feel a different size, shape or weight. Try to touch, look and use your limb as much as you can, even if it does feel a bit peculiar to you.