Graded Motor Imagery

Graded Motor Imagery is an emerging therapeutic strategy for treating patients. It integrates established principles of graded exposure and response prevention with the current theories in the neuroscience of pain and neuroplasticity. Graded Motor Imagery consists of laterality training, imagery and mirror therapy. This lecture will present a model to understand the role of the brain and ways to use a “top-down” treatment program to treat the changes that occur in the brain. This lecture is appropriate for therapist treating orthopedic as well as neurological consequences of injury.

**Learning Objectives:**
At the completion of this program the participant will be able to:

1. Identify the practical applications of a GMIP with various patient populations.
2. Explain the cortical reorganization of brain changes following injury Understand the role of normal and abnormal peripheral and central pain mechanisms.
3. Develop treatment strategies using GMIP to improve sensory input and motor function in the involved extremity.
4. Integrate the use of laterality reconstruction, visual and motor imagery and mirror therapy into the plan of care for complex pain patients to achieve pain management and functional outcomes.