

Graded motor imagery

Graded motor imagery (GMI) is a group of treatments for persistent pain which aims to gradually expose your nervous system to different movements and sensations. Over time this can help you do more in day to day life.

The best results appear to be when people can complete 1-2 minutes regularly through the day (around 5-7 times). The techniques are not there to make your symptoms significantly worse so please discuss with your therapist if you have any concerns.

Your therapist will assess and suggest which techniques to try, you may move through the techniques in order or need to do a variety of them.

1. Left-right judgement

This involves looking at pictures of body parts eg. hands and working out whether they are left or right. You can use apps like Recognise (paid, each one is a different joint) and Orientate (free, uses hands and feet) to do this. Other people prefer to cut out pictures from magazines to use as flash-cards.

We are aiming for 80% accuracy and a response rate of around 2secs (hands and feet) and 1.5secs (neck and backs).

2. Imagined movements

This is imagining moving your body without actually moving it. Try somewhere relaxed, you can have your eyes open or closed. Try and imagine exactly what it may feel like to move alongside any sight, sounds, smells that may be there. You could start with watching or imagining other people move to start with.

3. Mirror work

This involves using a mirror to reflect an image of your unaffected limb where you would expect to see your affected limb.

This can be done seated or lying, with a mirror between your two arms or legs. Some people use a hinged tabletop mirror or a long mirror on a wardrobe door. You need to make sure both arms or legs are the same (eg. cover any rings or tattoos that are one sided, wear same clothing on both). You need to get a believable image for this to be effective – so when you look at the image in the mirror it looks like it could be your affected area.

You can then look at the image or try doing some movements where both arms or legs move in the same way at the same speed.

Notes:

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Further resources: <https://www.noigroup.com/graded-motor-imagery/>

If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy Department
Huddersfield Royal Infirmary
Telephone: 01484 342434
MSK Physiotherapy Admin Office: 01484 905380

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"