



Graded Motor Imagery

November 3, 2012

Chicago, IL

Graded Motor Imagery (GMI) is an emerging new rehabilitation strategy for chronic pain states. GMI comprises a sequence of strategies including laterality restoration (being able to identify left and right limbs, or movement to the left or right), motor imagery and mirror therapy via use of a mirror box.

Evidence for the use of GMI comes from basic sciences (neuroscience) and clinical trials. It can offer substantial improvements in pain and disability in complex regional pain syndrome and phantom limb pain and anecdotally, the GMI program, or parts of it may offer improvements in a range of chronic pain states such as brachial plexus lesions and osteoarthritis.

Course Description

The GMI course provides the most up to date basic sciences, clinical trials, and clinical use of the program. The course is a series of lectures, practical sessions and clinical applications.

Course Objectives

1. Knowledge of the basic sciences underpinning the use of GMI, including the neuromatrix paradigms, neuroplasticity and mirror neurons.
2. Practical knowledge and skills on the use of laterality reconstruction, motor imagery and mirror therapy.
3. The skills to adapt the GMI program to various patient groups.
4. An awareness of the ongoing research programs in GMI and the basic science validating its use.
5. Perhaps a desire to contribute to ongoing research programs.

Course Program (may have regional variations)

Day 1: 8:30am – 4:30pm

- Registration 8.30 - 9.00
- Introduction and history of GMI
- Neuroscience 1: The Neuromatrix Paradigm
- Neuroscience 2: Mirror Neurons
- Neuroscience 3: Plasticity and Contextualization
- Graded exposure principles and application to GMI
- Neuroscience Education as GMI ally – what do you tell them?
- Motor imagery: theory, principles and techniques

Additional Information

While there are no prerequisites for this course, attendance at an *Explain Pain* course would certainly assist, as would studying of the information and resources provided at www.gradedmotorimagery.com.



Robert Johnson is the Owner / Clinical Director of Achieve Orthopedic Rehabilitation in Chicago, IL. He is a Board Certified Orthopedic Clinical Specialist, American Physical Therapy Association. He is very active in post-professional education of physical therapists locally, nationally and internationally. Robert's clinical interests include spinal dysfunction, acute and chronic neuropathic pain syndromes and manual therapy.

Location: Chicago, IL

COST: \$225.00 USD per person

TO REGISTER OR FOR MORE INFO:

ONLINE: submit via email: matthew@achieveortho.com

PHONE: 312.642.3963

FAX: 312.642.3966

PLEASE PRINT CLEARLY

FULL NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: (_____) _____ - _____

EMAIL: _____ @ _____

Payment by check 'OMPT' Check No. _____

Post to: 100 E. Walton #700, Chicago, IL 60611

By credit card

Amount \$ _____ MC/VISA Amex Disc

Card# _____ - _____ - _____ - _____

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Cardholder's signature: _____

Registration is open to: Physical Therapists, Occupational Therapists, and Physicians (MD or DO) - appropriate qualifications and experience are applicable, check with your course host. CEU's are approved for physical therapists only. NOI courses include patient education as an evidence-based treatment tool, and are supported by quality workbooks, graphics and post course web involvement.

Participant Cancellation: If written notification of cancellation is received to AORI prior to the course start date, the participant may receive a letter of credit for the full amount, substitute someone in their place, or transfer to another course within 12 months of the cancellation without penalty. No monies will be refunded for cancellations. If the participant registered using a letter of credit, or if the participant has been transferred from another course, and the participant cancels, no amount can be transferred from another course, and no other letter of credit will be issued. All credits are forfeited. No money or credit will be issued for 'no shows' at the course, nor for cancellation any time after the course start date.