

Arm's Reach

Occupational Therapy



Motor Imagery

Contact: 07305453000
Email: info@armsreach-ot.co.uk
www.armsreach-ot.co.uk

About AROT

Arm's Reach Occupational Therapy (AROT) provides assessment, goal setting, treatment and information provision for people living with an affected arm and hand after stroke. AROT covers in and around the Bristol area and is run by Occupational Therapist Jessamy Boydell (MSc; MRCOT).

What Is Motor Imagery?

Motor Imagery is a rehabilitation technique for the affected arm and hand after neurological injury. During motor imagery sessions, an individual will mentally rehearse movements of their affected body parts without ever performing the actual movement. They will listen to a script they create with their therapist to imagine themselves carrying out meaningful activities. This could be holding and using objects or engaging in an activity such as playing an instrument. The person listens to a step-by-step imagery description of their activity, designed to stimulate brain areas, which may help create movement.

How Does Motor Imagery Work?

Research has shown how the same brain areas are activated when we perform a task as when we just imagine doing the task. Many different areas of the brain are involved in us creating movement. Some are involved in the planning and monitoring of movement. When we carry out Motor Imagery, we are accessing and using these brain areas. This is in order to stimulate the same neural pathways responsible for movement of our affected arms and hands.

What Does The Research Say?

Motor Imagery as a rehabilitation technique was born from research done in the sports world which showed the effectiveness of 'mental practice' by professional sports people. Research for neurological rehabilitation is still young and there are gaps in certain areas of knowledge e.g. how long the therapy should be used for. However, there are a number of studies showing the effectiveness of Motor Imagery, particularly as an add-on rehabilitation approach for people who are 6 months past their stroke.

Who is Motor Imagery Suitable For?

In order to engage successfully in Motor Imagery, the individual needs to actively listen and follow the script being read to them. They need to imagine themselves doing their chosen activities and concentrate on details such as how imagined objects feel in their hand and what the imagined movement feels like. They are required to concentrate like this for a period of at least 15 minutes at a time. Motivation to engage in the therapy is key. Practice can eventually be carried out in between therapy sessions so the person needs to either set-up their own practice or have someone else to help.

I'm interested. How do I find out more?

Please contact AROT to learn more about whether Motor Imagery may be suitable for you, and for information on prices:

07305453000

info@armsreach-ot.co.uk

www.armsreach-ot.co.uk