Graded Motor Imagery

Umeå | Venue: to be confirmed | 19 – 20 March 2019 | Tim Beames

WHAT IS GRADED MOTOR IMAGERY?

GMI is a rehabilitation process used to treat pain and movement problems related to altered nervous systems by exercising the brain in measured and monitored steps, which increase in difficulty as progress is made.

The three different treatment techniques include left/right discrimination training, motor imagery exercises and mirror therapy. These techniques are delivered sequentially but require a flexible approach from the patient and clinician to move forwards, backwards and sideways in the treatment process to suit the individual.

COURSE DESCRIPTION

For the first time, effective treatment for difficult neuropathic pain states (eg CRPS) is now available. The Graded Motor Imagery (GMI) course provides the most up to date basic sciences, clinical trials, and clinical use of the programme. The course is series of lectures, practical sessions and clinical applications.

The term 'graded motor imagery' broadly means that in rehabilitation the focus is placed on synaptic exercise and health and is delivered in a graded fashion. The exercising of synapses assumes that the brain is changeable and easily adaptable and gives hope to people with difficult pain states. It involves the use of computers, flashcards, imagined movements and mirror visual feedback.

Evidence for the use of GMI comes from basic 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 programme, or parts of it may offer improvements in a range of chronic pain states such as brachial plexus lesions and osteoarthritis.

COURSE AIMS

At the end of the course, participants will have:
1. Knowledge of the neuromatrix paradigm and how the brain changes in pain
2. Awareness of graded exposure and its application to pain neurosignatures
3. Practical knowledge and skills of the Graded Motor Imagery 'process' – including left/right body discrimination, implicit and explicit motor imagery and mirror therapy
4. Understating of some associated educational techniques.

INSTRUCTOR

Tim Beames MSc BSc MCSP, UK

Tim lives in London where he works in private practice and is co-founder of Pain and Performance, an organisation which focuses on the treatment of complex and persistent pain states and the provision of pain education for both the patient and health professional. Tim is also the principal instructor for NOI UK and teaches the Mobilisation of the Nervous System, Neurodynamics and the Neuromatrix, Explain Pain and Graded Motor Imagery courses throughout the UK, Europe and Australia. He is also co-author of the Graded Motor Imagery Handbook along with Lorimer Moseley, David Butler and Tom Giles.

REGISTRATION

Register via this link: Anmälan i utbildningsportalen

For participants outside of Sweden:
annsofie.eriksson@regionvasterbotten.se

COURSE ORGANISERS

Margareta Bergström
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INFORMATION

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TIMETABLE

Day 1: 08.30 Registration | 09.00 – 17.00 Lectures
Day 2: 08.30 – 16.00 Lectures

REFRESHMENTS

Lunch and coffees will be provided

RESOURCES

Explain Pain
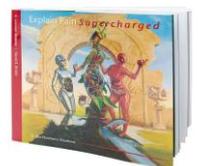For pain suffers, their clinicians and anyone interested in pain.
Medium level science.

Explain Pain Supercharged
For clinicians and interested pain suffers.
Lots of science.

www.noiukshop.com