



**noiIN**

Knowledge driving health



NOI INDIA | A branch of Neuro Orthopaedic Institute

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Neuro Orthopaedic Institute Australasia (NOI) is an independent, international group of health professionals dedicated to quality education and resource development. Noigroup Publications has grown from the demand for resources to support our education system and emerging research in public health literacy, graded motor imagery, neurodynamics and internet education.

## Graded Motor Imagery

A one-day interactive seminar

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 delivered in the form of a 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 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 programme, or parts of it may offer improvements in a range of chronic pain states such as brachial plexus lesions and osteoarthritis.

### COURSE OBJECTIVES

1. Knowledge of the neuromatrix paradigm and how the brain changes in pain.
2. An 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. Knowledge of associated educational techniques.

### PRE-REQUISITES

1. Attend the [NOI Explain Pain](#) course
2. Purchase and download the [Recognise App](#) prior to the course date

### ENHANCE COURSE OUTCOMES

Pre-reading [The Graded Motor Imagery Handbook](#) and study of the information and resources provided at [gradedmotorimagery.com](#) would benefit your learning outcomes.

### HARDWARE REQUIREMENT

To maximise your learning it is recommended you bring to the course a laptop, iPad or Android device with internet connection.



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