

# Graded Motor Imagery Pack (hands)

## A little bit about Graded Motor Imagery...

"Movement and pain are close allies: they are both used by the brain to protect the body, they both depend on an evaluation of the current need for movement, they both depend on the brain's maps of the body. Movement and pain are such good friends that pain makes one move differently, and movement affects ones pain. In fact, in some chronic pain states, even thinking about movement hurts and increases swelling (Thinking about movement hurts: the effect of motor imagery on pain and swelling in people with chronic arm pain. Moseley GL et al. Arthritis Rheum. 2008 May 15;59(5):623-31.)"

"The brain is wonderfully adaptable. It is also a fierce protector of the body. Graded motor imagery aims to exploit the brain's huge capacity to adapt without setting off its more protective side. By getting under the radar of a protective system, graded motor imagery has been shown to offer substantial gains in pain and disability for people with pathological pain syndromes such as complex regional pain syndrome and phantom limb pain. It is indeed an exciting new area with much promise - scientists across the world are now investigating whether graded motor imagery has a more general role in rehabilitation and performance." - Dr. Lorimer Moseley, *Biological Scientist*

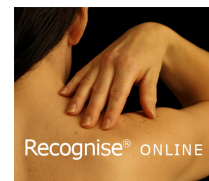
## Flash Cards for hands

A therapeutic resource for upper limb motor control problems. Even simple exercises may cause pain if your brain can't recognise whether you are using your left or right side. The Flash Card set consists of forty-eight left and right hand images on sturdy plastic coated card, a non-permanent marker for writing on the reverse side of the cards and an instruction sheet with a reference list and suggestions of games to 'retrain as you play'.



## Recognise™ Online

Recognise™ is the first way to accurately measure the ability to recognise left and right body parts and movements, and to train left/right recognition as part of a comprehensive rehabilitation programme.



Recognise™:

- Allows a person to test whether there is a change in their laterality perceptions of the hand, foot, shoulder, neck and back.
- Can provide effective graded therapy for laterality problems.
- Forms part of a graded motor imagery programme for pain and disability.

## Mirror Box

Mirror therapy is the final stage of Graded Motor Imagery because there is evidence that mirror therapy will be more effective if your sense of laterality is intact.

By using a mirror, you can trick the brain into believing that an injured part is actually okay, providing a powerful synaptic exercise.



Constructed from plastic corflute, the mirror box design is hygienic, portable and affordable. Mirror and instructions included. Mirror approx. 295 x 300mm.

# Order form

## Product request form – **Outside Australia**

Find more information and secure purchase facilities for all NOI products via [www.noigroup.com](http://www.noigroup.com)

Return this form by fax: +61 (0)8 8211 8909, or post, or phone: +61 (0)8 8211 6388

Qty	Item	\$AU	SubTotal
	<b>Recognise™ Online</b> - Laterality programme	\$50	\$
	<b>Recognise™ Flash Cards</b>	\$50	\$
	<b>NOI Mirror Box</b>	\$50	\$
	<b>Graded Motor Imagery Pack</b> Includes Mirror Box, Flash Cards and Recognise Online	\$127.50	\$
	<b>Recognise™ Online: Clinician's Version</b>	\$400	\$
	<b>Subtotal</b> (excluding freight)		\$

**NOI use only:** Airmail = \$ \_\_\_\_\_ Trackable \$ \_\_\_\_\_ **TOTAL \$**

**Freight cost is dependant upon destination. We will fax or mail you a final quote based on your product selection and address. Once you have your final quote please follow the payment instructions at the bottom of the page.**

### Bulk Orders

Should you wish to order products in bulk, please contact us by phone or email.

Discounts on books start at 20% and are available for box orders (14 per box).

### Delivery details:

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Surname: \_\_\_\_\_

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Professional designation: \_\_\_\_\_

E-mail: work personal \_\_\_\_\_

Preferred daytime phone: work personal \_\_\_\_\_

Preferred fax: work personal \_\_\_\_\_

Postal address: \_\_\_\_\_

Suburb/town: \_\_\_\_\_ Postcode: \_\_\_\_\_

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### Payment options

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Please charge \$ \_\_\_\_\_ to my  Visa  MasterCard  Bankcard  Amex

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Cardholders name: \_\_\_\_\_ Signature: \_\_\_\_\_

#### **Direct Debit**

Account name: Neuro Orthopaedic Institute Australasia Pty Ltd

Account number: 035 213 144307

Swift Code: WPACAU2S

Bank: Westpac Bank, 155 Unley Road, Unley 5061, SA, AUSTRALIA