Interesting implications for the use of mental motor imagery in clinical practice

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Mental motor imagery

- Graded motor imagery
  - Left-right discrimination
  - Explicit motor imagery
  - Mirror therapy
Left-right discrimination

- Normative results
- During chronic pain
- During acute experimental pain
Interesting patient responses

- In a chronic pain scenario (CRPS, type 2)
- In an acute experimental pain scenario

Mean peak pain intensity ratings recorded during each pain condition (pre-, during and post-pain) for each pain location (left and right thenar eminence) (Error bars represent Standard Errors, SE).

Mean response times (s) during the pre-pain, during-pain and after-pain condition for all images and pain locations (left pain, right pain) (Error bars represent Standard Errors, SE).
Implications for clinical practice

• Mental motor imagery strategy important
• Instructions important
• Psychosocial factors important
Questions?
References


