

## Graded Motor Imagery

A one-day interactive course

The Graded Motor Imagery course provides the most up to date basic sciences, clinical trials, and clinical use of the programme. GMI provides effective treatment for previously difficult to treat neuropathic pain states.

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.

The course is series of lectures, practical sessions and clinical applications. In order to maximise your learning it is recommended you bring to the course a laptop, iPad or Android device with internet connection (or check your course venue has public internet connection available).

### Course aims

- 1 Understand, describe and discuss the basic sciences behind GMI
- 2 Be aware of, and interpret previous, current and ongoing research behind GMI
- 3 Apply GMI skills to an overall rehabilitation programme and be able to reason tailored treatments
- 4 Identify the kinds of patient where GMI could be appropriate
- 5 Apply and analyse practical knowledge and skills of GMI therapy including implicit and explicit motor imagery and mirror therapy

### Martina Egan-Moog MSc, ManipTher

Martina Egan-Moog works with chronic pain patients in private practice and instructs NOI courses in Australia and Germany. She has also taught undergraduate and postgraduate courses about Physiology of Pain, Pain Management and Physiotherapy Sports Musculoskeletal. An active member of the SIG 'Pain and Movement' (German Pain Association), Martina's work has been published in various German and English journals and books.

### Brendan Haslam B AppSc (Physio) M Physio (Neurological)

Brendan Haslam has been working in combined neurological and pain rehabilitation since 1997. Brendon has taught post graduates and furthered his own training in numerous treatment approaches including Bobath and Proprioceptive Neuromuscular Facilitation. His particular interest is in developing treatment approaches for the neurological patient with pain and he is currently undertaking his PhD exploring neural processing of pain in stroke.

### Bendigo

Victoria, Australia

27th May 2018

With Martina Egan-Moog  
and Brendan Haslam

**Venue** All Season Resort  
171-183 McIvor Road, Bendigo

**Cost** AUD \$425 inc. GST  
\$1125 for EP and GMI package\*  
Includes workbook and catering

**Host** Fran Ammirato  
fran@noigroup.com  
(08) 8211 6388

### To register

Contact the course host, or lodge an 'Enquiry' via noigroup.com  
Online registrations open on our website from October 10.

### This course is open to

All professionals working with patients or clients in acute and chronic pain and stress states, for example, physiotherapists, occupational therapists, doctors, psychologists, rehabilitation counsellors.

### Enhancing your course outcomes

A strength of the course is that participants come from many professions, so please come with an open mind. It is highly recommended that registrants read Explain Pain Second Edition and The Graded Motor Imagery Handbook before the course.

### Note

\*Explain Pain Bendigo runs May 25-26.

Graded Motor Imagery is usually a two-day course, however, when taken directly following an Explain Pain course the material can be covered in the shorter time frame.

### Terms and conditions

- Registrant cancellation: Up to 21 days prior to the start of the course – NOI will refund the course fee less a \$50.00 administration fee. Eight to twenty days prior to the start of the course – NOI will refund 50% of your total cost. Within 7 days of the start of the course - No refund, however, your registration may be transferred to a colleague, in which case they will need to submit a registration form so we have their contact details.
- In the event of NOI having to cancel the course due to unforeseen circumstances notification will be sent as soon as possible via your contact details provided and registrants will receive a full refund of the course fee.
- Course places are only secured once payment has been successfully processed.
- Please note the NOI office is open Tuesday to Friday.