Graded Motor Imagery (GMI)
Reference list for stroke patients
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At NOI, we are getting an increasing number of requests for help, references and so forth, with regards to use of graded motor imagery (GMI) in stroke patients. While there is no formal research that has been published as yet in this area that we are aware of (we have some in the pipeline though, watch this space...), there is research behind some of the components of GMI, namely motor imagery and mirror therapy.

Motor imagery has long been utilised as a treatment method in stroke rehabilitation and there are many articles (mostly positive, but also some negative) regarding this. Mirror therapy is relatively new in stroke rehabilitation and as such has much less listed articles (again, a mix of positive and negative).

Listed below are some useful references that may act as an initial guide to the use of GMI in stroke patients. For a full list of general GMI reference refer to gradedmotorimagery.com. Also, we have created the NOI jam blog to provide a connection point for clinicians to discuss and brainstorm their cases. NOI jam provides an open, liberal discussion forum led by experienced clinicians, focusing on the treatment of on-going pain states via the nervous system changing therapies based on movement and education... noijam.com.

Motor imagery


Mirror therapy


