

Physiotherapy Academy

Graded Motor Imagery

With Tim Beames

Outline

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 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.

Objectives

The course will teach you:

- Knowledge of the neuromatrix paradigm and how the brain changes in pain
- An awareness of graded exposure and its application to pain neurosignatures
- Practical knowledge and skills of the Graded Motor Imagery 'process' – including left/right body discrimination, implicit and explicit motor imagery and mirror therapy
- Some associated educational techniques.

Tutor Profile

Tim lives in London where he works in private practice as co-founder of Pain and Performance providing treatment for people with persistent and complex pain problems, support and guidance for clinicians dealing with complex pain patients and delivering bespoke courses for departments and organisations on pain related topics. He is also interested in injury management and maximising performance in sport and has performed neurological screening for the English and Welsh rugby union squads. These diverse interests were fostered at King's College London studying his Masters in Pain: Science & Society with Dr Mick Thacker.

He is the principal instructor for NOI UK and teaches the Mobilisation of the Nervous System, Neurodynamics and the Neuromatrix, Explain Pain and Graded Motor Imagery courses throughout the UK, Europe and Australia. He is also co-author of the Graded Motor Imagery Handbook alongside Lorimer Moseley, David Butler and Tom Giles

Course Dates:

13th & 14th June 2015: Nuffield Health Support Centre, Epsom

5th & 6th December 2015: Nuffield Hospital, Leeds

Book online at www.nuffieldhealth.com/physioacademy