

Neuro Orthopaedic Institute (NOI) Australasia has a core philosophy to provide progressive, current material, always challenge existing management protocols, promote professional reinvestment, and to ensure that course participants benefit from the most recent research in a fun way. Noigroup Publications has grown from the demand for resources to support our education system and emerging research. Current NOI research directions are in internet education, public health literacy education, graded motor imagery and neurodynamics.

Graded Motor Imagery

A one-day seminar with Robert D Johnson, PT MS OCS

Graded Motor Imagery (GMI) is an emerging new rehabilitation strategy for chronic pain states. GMI comprises a sequence of strategies including laterality restoration (being able to identify left and right limbs, or movement to the left or right), motor imagery and mirror therapy via use of a mirror box.

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.

Course description

The GMI course provides the most up to date basic sciences, clinical trials, and clinical use of the programme. The course is a series of lectures, practical sessions and clinical applications.

Course objectives

1. Knowledge of the basic sciences underpinning the use of GMI, including the neuromatrix paradigms, neuroplasticity and mirror neurones
2. Practical knowledge and skills on the use of laterality reconstruction, motor imagery and mirror therapy.
3. The skills to adapt the GMI programme to various patient groups
4. An awareness of the ongoing research programmes in GMI and the basic sciences validating its use
5. Perhaps a desire to contribute to ongoing research programmes.

Course Programme (course programs may have regional variations)

START / FINISH 8.30am – 4.45pm

8:30 – 8:45am Introduction and history of GMI
 8:45 – 10:45am Neuroscience 1 The neuromatrix paradigm
 10:45 – 11:00am Break
 11:00 – 11:45am Graded Exposure Principles and Application to GMI
 11:45am-12:45pm Lunch
 12:45 to 2:00pm Laterality Reconstruction: theory, principles and techniques
 2:00-2:15pm Break
 2:15 – 3:00pm Motor imagery: theory, principles and techniques
 3:00 – 4:00pm Mirror therapy: theory, principles and techniques
 4:00- 4:45pm Clinical Reality: Science to the clinic

This course is mix of 2-3 hours for Lab and 3-4 hours for discussion



Robert D Johnson PT MS OCS

Currently the owner and clinical director of the Northwestern Rehabilitation Institute, and Chair of the Orthopedic Specialty Council, Bob is an experienced and valuable addition to the NOI team. His graduation in 1985 from the Northwestern University Medical School, with a Master of Science Degree in Physical Therapy (Specialization tract – Orthopedic Manual Therapy), led on

to numerous professional appointments including selection as a Subject Matter Expert (1 of 12 in the US), by the American Board of Physical Therapy Specialties, Orthopedic Section -Task Force on Orthopedic Specialists Examination. As well as having a professional association with the APTA Orthopedic Section, Bob has most recently held positions as Orthopedic Clinical Specialist with the Chicago Institute of Neurosurgery and Neuroresearch and Adjunct Clinical Instructor, Programs in Physical Therapy.

Portland, OR | 28 September 2012

Venue Providence Portland Medical Center,
Social Room, 4805 NE Glisan St,
Portland, OR 97213

Cost US \$200 per person

While there are no prerequisites for this course attendance at an *Explain Pain* course would certainly assist, as would study of the information and resources provided at www.gradedmotorimagery.com.

This course is open to health professionals involved in pain and stress management.

To register or for more information

International Spine & Pain Institute
www.ispinstitute.com
 866-235-4289
 Fax: 515-733-2744
 PO Box 232, Story City, IA 50248

First name _____

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Participant Cancellation: If written notification of cancellation is received to ISPI prior to the course start date, the participant may receive a letter of credit for the full amount, substitute someone in their place, or transfer to another course within 12 months of the cancellation without penalty. No monies will be refunded for cancellations. If the participant registered using a letter of credit, or if the participant has been transferred from another course, and the participant cancels, no amount can be transferred from another course, and no other letter of credit will be issued. All credits are forfeited. No money or credit will be issued for "no shows" at the course, nor for cancellation any time after the course start date.

Institute Cancellation: Full tuition refunds will be issued to the participant, or another letter of credit will be issued to participant. If course is interrupted while in progress by an "act of God" or circumstances beyond control, no refunds will be issued. International Spine and Pain Institute, NOI/Australia, nor the Host Facility are responsible for any reimbursement of expense incurred by participant, including airline tickets.