What is it?

- Mirror Therapy involves using mirror visual feedback of normal movement patterns in the non-affected limb to “trick the brain” into perceiving normal movement patterns in the affected limb.

How does it work?

- Utilizes mirror neurons, which fire during action observation.
- Reconstructing the sensory and motor mapping of the affected limb in the brain.

Why use it?

- Has been shown to improve:
  - motor recovery
  - sensory function
  - visuospatial attention
  - ADL performance

Who can use it?

Patients with:
- CVA
- CRPS
- Phantom Limb Pain

How to Implement Mirror Therapy Treatment

Materials:
- Mirror therapy box
- Flat work surface
- Functional objects (i.e. cup, ball, coins, keys, etc.)

Set-Up:
- Patient seated at flat work surface, mirror box positioned at midsagittal plane, mirror perpendicular to work surface.
- Affected limb is inside mirror box, unaffected limb is positioned in front of mirror. Ensure all jewelry, identifying marks, tattoos on unaffected arm are removed/covered.
- Patient performs graded movements with unaffected limb, with mirror image representing affected limb.
- Graded movements might include: observing hand, pronation/supination, digit opposition, weight bearing, grasp/release, object manipulation, bilateral hand movement.
- Perform in varied contexts (i.e. vary setting, lighting, noise, etc.)

Frequency & Duration:

- Little and Often (5-10 min., several times per day)
- Patient-centered—monitor patient’s response and adjust accordingly.
- Should be used in combination with other traditional OT/PT treatments.