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# Learning Objectives

MedBridge Education

*Graded Motor Imagery: Retrain the Brain to Decrease Pain, Improve Motion and Function*

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Upon completion of this course, the online participants will:

## Module 1: Brain Changes

- Recognize neuroplasticity as a potential target for therapist to utilize in developing treatment for persistent pain
- Outline the events showing that pain is an output of the brain
- Correlate Melzack's Neuromatrix when developing therapeutic goals

## Module 2: Pain Mechanisms

- Critique why pain is a complex process.
- Compare the pain mechanisms with clinical symptoms
- Identify the ways to differentiate allodynia from hyperalgesia

## Module 3: Bio-Psycho-Social Approach

- Explain the Bio-psycho-social approach involved in patient care
- Compare the bio-psycho –social approach with the biological medical approach

## Module 4: Concepts of Graded Motor Imagery

- Identify the practical application of Graded Motor Imagery for various neurovascular and musculoskeletal injuries
- Integrate the use of laterality or right/left identification, imagery, and mirror therapy into plan for retraining the brain
- Verify the progression of moving from laterality to imagery

## Module 5: Clinical Evidence

- Connect the clinical evidence of utilization of Graded Motor Imagery in retraining the brain
- Recognize the clinical patterns of central sensitization
- Analyze why Graded Motor Imagery is a therapeutic model to use for treating Phantom Limb Pain.

## Module 6: Clinical Application for Neuro and Ortho Patients

- Describe why therapeutic neuroscience education is necessary in understanding a patients diagnosis
- Compare top down education to bottom up education in achieving therapeutic goals