



Introduction to Motor Imagery

- ❖ Motor imagery refers to the mental rehearsal of motor acts without actually moving the body.
- ❖ Originally, motor imagery has evolved as a technique to improve motor performance and function in sports psychology. Many athletes use this technique successfully for various purposes. For example, to prepare themselves emotionally for a competition or to improve their skills.
- ❖ Motor imagery has also been used in rehabilitation programs for individuals with motor impairments, for example, stroke. Surprisingly, motor imagery practice has been rarely used in the motor rehabilitation of individuals with Parkinson's disease.
- ❖ Brain imaging studies have shown that imagining movements activates virtually the same brain regions that are involved in the actual performance of the movements.
- ❖ In this study, we will ask you to practice motor imagery to train your brain. We think that this training will strengthen the brain circuits involved in movement and improve motor performance.
- ❖ There are two main forms of motor imagery:
 - 1) Kinesthetic: Imagining the sensations associated with the movement, how the movement would “feel” in the body.
 - 2) Visual: Seeing the movement in mind's eye.
- ❖ We will ask you to practice mainly kinesthetic motor imagery. When you go through the motor imagery exercises, it will be important to focus on the bodily sensations that the movements would evoke. As you become more aware of your body, it is likely that you would move more mindfully and effortlessly.

We hope that you will enjoy the motor imagery exercises!