

Patient Information

Mirror Visual Feedback Therapy

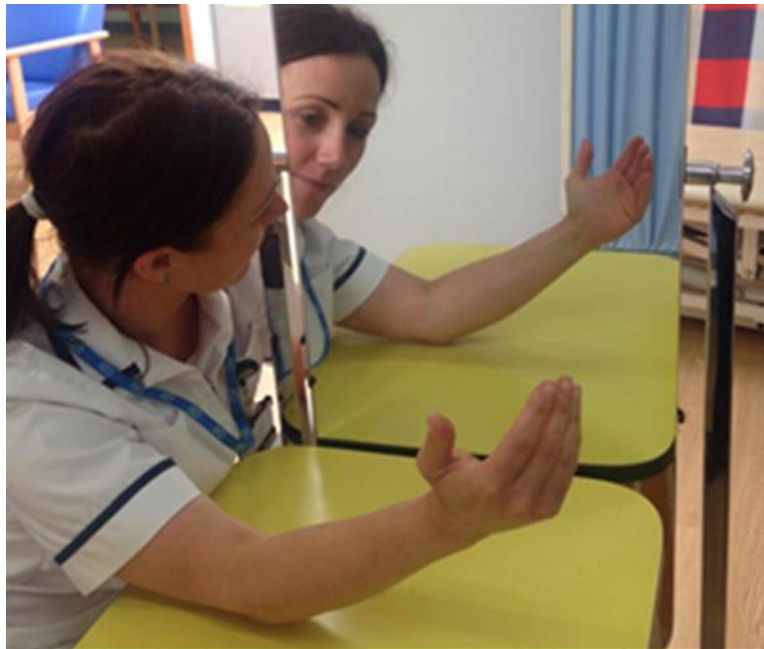
Therapies Speciality

Mirrors have been found to be of use in the treatment of pain, re-educating sensation and reducing limb pain.

Studies have shown that the whole of our body is mapped out on our brain. So that different parts of our brain are active depending on what we are doing at the time and which part of the body is moving. When we have pain, swelling, nerve injury or loss of function, this mapping temporarily becomes altered.

It is thought that the mirror works by giving an illusion of normal pain free movement through looking at the reflection of your unaffected limb in the mirror. This helps to correct the messages to the brain, helps to reduce pain and helps during exercise. It also assists in remapping the brain.

- Find a quiet room where you will be able to concentrate and not be interrupted.
- Use your “good” limb to exercise in front of a mirror that is big enough to hide your affected limb.
- Your affected limb must not be visible, hide it behind the mirror.
- Lean forward and look at the reflection of your good limb without moving either limb (don't look at your actual limb). Concentrate on this reflection until you feel comfortable with it.



- Slowly start to move both limbs in the same direction while looking at the reflection. You can perform the exercises that your therapist has shown you or simply perform any pain free identical movements of both limbs. Start with larger pain free movements and progress to smaller movements.

- Exercise for at least five minutes, but no longer than ten, as this regime takes a lot of concentration.
- Note how long your pain is relieved for, and try to repeat the procedure as the pain is returning, or more often if you are able (this may be three to ten times per day to start with).
- Please record response on the chart overleaf.
- If pain or stiffness becomes a problem while exercising, stop and look at the image without moving it until the pain settles

Possible Side Effects

Occasionally people report unusual sensations while using the mirror:

Your limb may feel

- Heavier or lighter
- Warmer or colder
- Reduced sensation or a feeling of floating

Performing the same movement with both limbs reduces these side effects. Any of the above should settle within a few seconds after you have stopped using the mirror.

If at any time you are concerned about a sensation, stop and look at both your limbs without the mirror, until the feelings settle.

Record in the comments section of the chart.

Pain scale



Date	Pain before using mirror	Pain after using mirror	Comments

