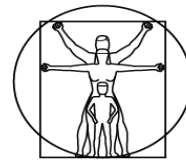


# GRADED MOTOR IMAGERY

Tim Beames (UK), MSc, BSc, MCSP



PFF

<b>Dato:</b>	2. og 3. mars 2019, start kl. 10:00
<b>Sted:</b>	Romerike Helsebygg, Dampsagveien 2a, Lillestrøm
<b>Kursavgift:</b>	PFF-medlem: 3 500,- Andre: 4 900,-
<b>Kursplasser tilgjengelig:</b>	40
<b>Påmelding:</b>	<a href="mailto:pff@fysioterapi.org">pff@fysioterapi.org</a>
<b>Avbestillingsfrist:</b>	2. februar 2019

Ved avbestilling etter denne dato, må kursavgiften betales i sin helhet.

Godkjent 15 timer for opprettholdelse av «Spesialist i Muskel- og Skjelett Fysioterapi»

## Informasjon om kursholder:



### **INSTRUCTOR Tim Beames (UK), MSc BSc MCSP**

Tim lives in London where he works in private practice and is co-founder of Pain and Performance, an organisation which focuses on the treatment of complex and persistent pain states and the provision of pain education for both the patient and health professional. Tim is also the principal instructor for NOI UK and teaches the Mobilisation of the Nervous System, Neurodynamics and the Neuromatrix, Explain Pain and Graded Motor Imagery courses throughout the UK, Europe and Australia. He is also co-author of the Graded Motor Imagery Handbook along with Lorimer Moseley, David Butler and Tom Giles.

## **WHAT IS GRADED MOTOR IMAGERY?**

GMI is a rehabilitation process used to treat pain and movement problems related to altered nervous systems by exercising the brain in measured and monitored steps, which increase in difficulty as progress is made.

The three different treatment techniques include left/right discrimination training, motor imagery exercises and mirror therapy. These techniques are delivered sequentially but require a flexible approach from the patient and clinician to move forwards, backwards and sideways in the treatment process to suit the individual.

**Vi ønsker dere alle velkommen!**