

# Brain Exercises: Imagery Plan

## Tips:

- All imagination should take you the same amount of time in your mind as it would actually doing the posture or movement.
- Try and do this through the day every hour for 5 mins where possible.
- Remember what environment you need to do your exercises.
- Generally the exercises should cause no to minimal discomfort. Don't progress to the next stage if there is pain with imagination. Talk this through with your OT.

**At this stage you should be able to imagine in any environment, even without observation.**

Try more **complex doing postures** e.g. throwing a ball, washing your hair (do things you like to do and things you don't like doing).

Observe and **Imagine** doing postures in a distractive environment. Remember good and bad distractions, you're up for the challenge.

Observe doing postures like gripping a tooth brush, drinking a cup of tea, in a quiet environment. Then **Imagine** your PL doing the same thing.

Observe stationary posture as below, in a distractive environment. *Have good and bad distractions it helps the brain work harder.* **Imagine** your PL in this position.

Observe stationary posture, in a quiet environment (e.g. new reader, magazine) and **Imagine** your PL in this posture.

Awareness of PL, introduce distraction when able. If pain increases or patient is unable to visualise, practice on unaffected limb.

