

Mental relaxation improves long-term incidental visual memory.

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Physical therapy faculty at the University of Haifa review the literature and determine that guided motor imagery practice improves motor performance in athletes, healthy people and people with neurological conditions Guided Motor Imagery Helps with Athletic Performance, Neurological Conditions

Investigators at the University of Haifa in Israel reviewed the literature to determine the positive effects of guided motor imagery practice on motor performance. There is abundant evidence that motor performance is improved in athletes, people who are healthy, and people with neurological conditions, such as stroke, spinal cord injury and Parkinson's disease. This article discusses how to integrate motor imagery into a physical therapy practice and goes into particulars of visual and kinesthetic motor imagery, factors that modify motor imagery practice, the design of motor imagery protocols, and potential applications of motor imagery.

Citation: Dickstein R, Deutsch JE. Motor imagery in physical therapist practice. Physical Therapy. 2007 Jul; 87 (7): pages 942-53. Epub 2007 May 1 ruthd@research.haifa.ac.il.