

Mirror Therapy

Author: Michelle Rodriguez, OTR/L

Purpose: The purpose of mirror therapy is to increase the brain’s activity and to increase the brain’s ability to reorganize in the affected area of the brain by giving more feedback to the brain. Watching the reflection in the mirror has been shown in research to also prevent learned non-use of the weaker arm.

Exercise Program:

- **TRY** to complete the exercises with the WEAKER arm behind the mirror without being able to see it.
- You should attempt to move **BOTH** hands at the same time during the exercises.
- **WATCH** the reflection of your stronger arm in the mirror during each of the exercises
- Make sure arms are resting comfortably on the table while doing the exercises.
- Take breaks when you get tired

How Often to Perform Each Exercise:

_____ mins each day	OR	_____ repetitions each day
_____ days per week		

OT: _____ **Contact Information:** _____

Mirror Box Setup: Make sure you can see the full reflection of your arm in the mirror



Stronger hand on tabletop outside box



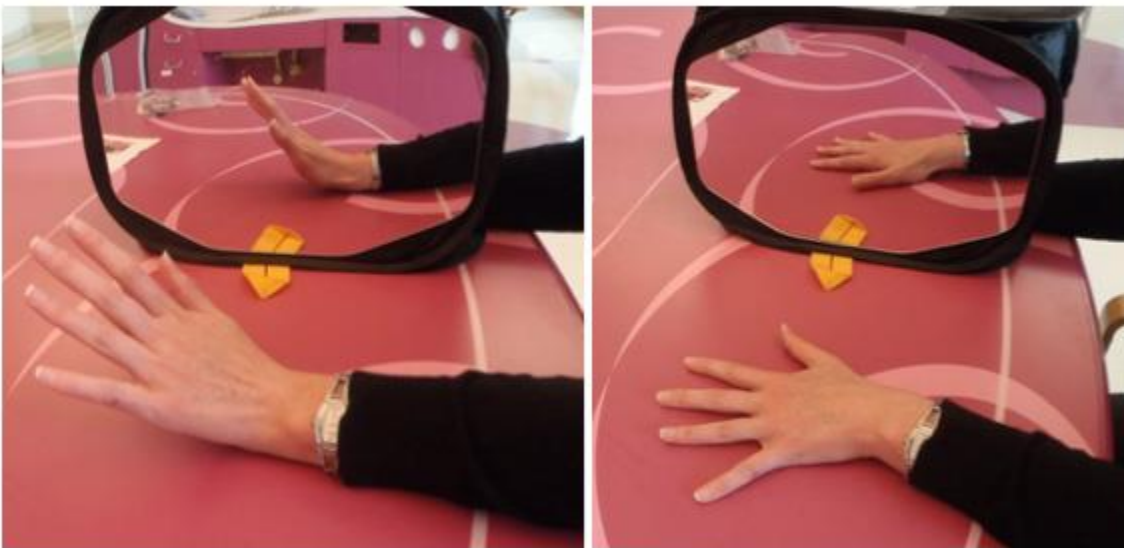
Weaker hand inside box

Exercises:

___ **1. Finger up/down:** Tap your index finger up and down



___ **2. Wrist up and down** Slowly lift your hand off the table and then slowly back to the table



3. Finger stretch and close: Stretch your finger out wide so they are not touching each other. Then pull fingers back together tight. Keep your hand down on the tabletop.



 4. Palm up and down: Turn your arm so your palm facing up and then down to the table



___ **5. Fist open and closed:** Tighten your hand into a ball and then stretch your fingers out wide



___ **6. Thumb Extension “thumbs up”:** Lift up your thumb into a “hitchhiker’s” position and then push your thumb into your finger like you are turning a key



Getting a Mirror Box:

1. You can make your own from a box that you connect a mirror to one side.
2. You can buy a mirror box: <http://www.amazon.com/EDGE-Mobility-System-Mirror-Box/dp/B005IFDFA4>

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