

# Mirror Therapy

Occupational Therapy & Physiotherapy

## Who is this leaflet for?

This leaflet is for patients who have been advised to use a technique called 'mirror therapy'. This can be useful for people who have reduced function in an arm or hand because it can help to 'retrain' the affected limb.

## What is Mirror Therapy?

Mirror therapy involves using a mirror to 'trick' the brain into thinking that the hand is moving and feeling as normal. Changes in the map of the brain can affect the feeling and movement of the hand. Mirror therapy is designed to change the map of the brain.

## How do I carry out Mirror Therapy?

Position the mirror so that the reflective surface is facing your unaffected hand and your affected hand is placed behind the mirror. Sit with the hand relaxed and look at the image in the mirror. It is normal to feel an odd/strange sensation in the affected hand. Stop if the sensations are disturbing.

You may only be able to do this for a few seconds in the beginning. Aim to do this three or four times a day, working up to 2-3 minutes at a time.



When you reach the point where the hidden hand no longer feels odd when you look in the mirror, start to move the unaffected hand slowly while you are looking in the mirror. It may take a few weeks to work up to this phase. Eventually the aim is to move both hands together at the same time.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## Are there any reasons why I shouldn't carry out this therapy?

Your therapist will have assessed you as being suitable for this technique. If the tingling or altered sensation in your affected hand becomes disturbing you should stop the exercise and speak to your therapist.

## Who can I contact if I have any concerns or questions about this therapy?

If you have concerns or queries about any aspect of this technique, please speak to the therapist in charge of your care.

Name of therapist:.....

Contact telephone number: .....

Out of hours/emergency contact details:.....

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。