



**noiUS**

NOI United States | A division of NOI Australasia

*Healthy notions of self through neuroscience knowledge*

**NOI- Neuro Orthopaedic Institute**

***Graded Motor Imagery (GMI) Course***

**Saturday, October 21, 2017**

**&**

**Sunday, October 22, 2017**

**Instructor:**

**Robert Johnson, PT, MS, OCS**

**Sponsored by:**

**Mary Free Bed Rehabilitation Hospital**

**350 Lafayette Ave. SE**

**Meijer Conference Center**

**Grand Rapids, MI 49503**

Restoring Hope and *Freedom*  
**Mary Free Bed**  
Rehabilitation Hospital

For the first time, effective treatment for difficult neuropathic pain states (e.g. CRPS) is now available. The Graded Motor Imagery (GMI) course provides the most up to date basic sciences, clinical trials, and clinical use of the programme. The course is series of lectures, practical sessions and clinical applications. The term 'graded motor imagery' broadly means that in rehabilitation the focus is placed on synaptic exercise and health and is delivered in a graded fashion. The exercising of synapses assumes that the brain is changeable and easily adaptable and gives hope to people with difficult pain states. It involves the use of computers, flashcards, imagined movements and mirror visual feedback. Evidence for the use of GMI comes from basic sciences (neuroscience) and clinical trials. It can offer substantial improvements in pain and disability in complex regional pain syndrome and phantom limb pain and anecdotally, the GMI programme, or parts of it may offer improvements in a range of chronic pain states such as brachial plexus lesions and osteoarthritis.

### **Course objectives**

At the end of the course, participants will have:

1. Knowledge of the neuromatrix paradigm and how the brain changes in pain
2. An awareness of graded exposure and its application to pain neurosignatures
3. Practical knowledge and skills of the Graded Motor Imagery 'process' – including left/right body discrimination, implicit and explicit motor imagery and mirror therapy
4. Some associated educational techniques.

### **Pre-requisites:**

While there are no prerequisites for this course, attendance at an *Explain Pain* course would certainly assist, as would pre-reading [The Graded Motor Imagery Handbook](#) and study of the information and resources provided at [gradedmotorimagery.com](http://gradedmotorimagery.com).

*All NOI courses are supported by quality workbooks, graphics and web resources.*

### **Intended audience:**

All professionals working with patients or clients in acute and chronic pain and stress states. Including but not limited to; physical therapists, physical therapy assistants, occupational therapists, occupational therapist assistants, physicians, psychologists, rehabilitation counsellors, nurses

## Instructor:



Bob Johnson PT, MS, OCS is co-owner and clinical director of Achieve Orthopedic Rehab Institute in Chicago, Illinois. His seven out-patient offices focus on manual therapy and exercise interventions for acute/chronic pain of the spine and extremities. Bob has been practicing since 1979 and currently directs an APTA credentialed Orthopedic physical therapy residency program in addition to treating patients and teaching a ten month long-term manual therapy seminar in Chicago.

He is a former faculty member of Northwestern University Medical School and past Chair of the Orthopedic Specialty Council, American Board of Physical Therapy Specialties. Bob is also a current adjunct faculty member for the University of Southern California Spine Fellowship program.

Bob has been a 'nerve-head' for a really long time, and has taught with David Butler and the NOI team since 1999. He teaches Mobilisation of the Nervous System, Clinical Applications LQ & UQ, Neurodynamics & the Neuromatrix, Explain Pain and Graded Motor Imagery courses.

## Course Program:

**DAY ONE – 8:30am to 5:00pm, registration 8:30 to 9:00am**

**DAY TWO – 9am to 4pm**

### Continuing Education Credits/Units

- Mary Free Bed Rehabilitation Hospital will seek MPTA Credit for the course through the Michigan Physical Therapy Association for physical therapy education in Michigan.

## Registration Information

Cost for the 2 day course is \$495.00 **Early bird rate available until August 15. After August 16 the rate will increase to \$525.00.**

**\*\*\*Please note: Mary Free Bed Education Department cannot handle your registration and payment. You must use one of the following:**

### TO REGISTER WITH A CHECK

Make check payable to *NOI US*

Enclose check with registration form and mail to:

***NOI US, 857 Montgomery Avenue, Unit 2 – Penn Valley, PA 19072***

### TO REGISTER ONLINE, PLEASE VISIT

<https://expmgmtsrv.com/registration/gmi-grand-rapids-mi/>

### TO REGISTER WITH A CREDIT CARD

Complete payment details and registration form and mail or fz to: *NOI US, 857 Montgomery Avenue, Unit 2 – Penn Valley, PA 19072*

**Fax: 866.925.8568**

MC  VISA  AMEX  DISC

Card No. \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

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Signature: \_\_\_\_\_

**Participant Cancellation:** If written notification of cancellation is received by NOI US seven (7) business days prior to the course date, the participant may receive a letter of credit for the full amount, substitute someone in their place or transfer to another course (within NOI US) within 12 months of the cancellation without penalty. No monies will be refunded for cancellations received within 6 business days. If the participant registered using a letter of credit or if the participant has been transferred from another course and the participant cancels, no amount may be transferred from another course and no other letter of credit will be issued. All credits are forfeited. No money or credit will be issues for 'no shows' at the course or for cancellation any time after the course start date.

**Questions:** Bonita Pawloski 616-840-8292 or [bonita.pawloski@maryfreebed.com](mailto:bonita.pawloski@maryfreebed.com)

## Airport and Hotel Information

The closest airport (about 20 minutes from the hospital) is the Gerald R. Ford International Airport located at 5500 44<sup>th</sup> St. SE, Grand Rapids, MI 49512. [www.flygrandrapids.org](http://www.flygrandrapids.org)

There are many lodging options in and around the Grand Rapids area including but not limited to:

### **AMWAY GRAND PLAZA HOTEL - 0.9 mi from**

#### **Mary Free Bed**

187 Monroe Ave. NW, Grand Rapids, MI 49503  
(616) 774-2000

### **HOLIDAY INN**

310 Pearl St. NW, Grand Rapids, MI 49504  
(616) 235-7611  
Downtown Grand Rapids at 131 and Pearl Street,  
1 mile northwest of Mary Free Bed

### **DOWNTOWN COURTYARD BY MARRIOTT**

11 Monroe NW, Grand Rapids, MI 49503  
(616) 242-6000 or (800) 321-2211  
Downtown Grand Rapids at Fulton and Monroe,  
1 mile west of Mary Free Bed

### **HOMEWOOD SUITES BY HILTON**

161 Ottawa Ave. NW, Grand Rapids, MI 49503  
(616) 451-2300

### **HAMPTON INN & SUITES - DOWNTOWN**

433 Dudley Pl. NE, Grand Rapids, MI 49503  
(616) 456-2000  
1 mile north of Mary Free Bed

### **HOLIDAY INN EXPRESS HOTEL & SUITES**

6569 Clay Avenue SW, Grand Rapids, MI 49548  
(616) 871-9700  
South of downtown Grand Rapids at 131 and 68th  
Street, 9 miles south of Mary Free Bed

### **SPRINGHILL SUITES BY MARRIOTT**

450 Center Dr., Grand Rapids, MI 49544  
(616) 785-1600 or (888) 287-9400  
[springhillsuites.marriott.com](http://springhillsuites.marriott.com)  
5 miles north of downtown Grand Rapids at I-96  
and Alpine

### **STAYBRIDGE SUITES BY HOLIDAY INN**

3000 Lake Eastbrook Blvd. SE, Kentwood, MI  
49512  
(616) 464-3200  
8 miles east of Mary Free Bed and downtown  
Grand Rapids, located at 29th Street and Lake  
Eastbrook Blvd.

### **SLEEP INN & SUITES**

4824 29th St. SE, Grand Rapids, MI 49512  
(616) 975-9000  
8 miles east of Mary Free Bed and downtown  
Grand Rapids, located at 29th Street and  
East Paris