

## Mirror Box Therapy

Recent research in neurological and therapy journals report significant improvement for patients that use a mirror as part of their rehab. Learn how this technique can be easily incorporated into your treatment.

### **Objectives:**

- 1) Learn how using a mirror can help facilitate neurological re-mapping to decrease pain and improve movement for patients with CRPS, hand injuries/surgeries, arthritis and CVA and more.
- 2) Learn how to make your own mirror box.
- 3) Learn treatment strategies and exercises for the mirror box.