



Bern University
of Applied Sciences



Motor imagery – From sport to rehabilitation

Guest Lecture of
Dr. phil. Corina Schuster-Amft
Bern University of Applied Sciences and
University of Basel

Tuesday, 26th of October 2021
5–6 PM

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Guest Lecture

Motor imagery – From sport to rehabilitation

Motor imagery is an effective training technique for motor learning facilitating brain plasticity. This hands-off technique has its origin in the field of sports psychology and gained wide interest in the field of rehabilitation. In this mental process, movements are simulated in the mind's eye without actively performing these movements. In combination with physical practice motor imagery helps to practice and consolidate motor functions without physical exhaustion. The technique is easy to learn and produces significantly better results than active physical practice only. In this guest lecture, questions regarding WHY is motor imagery working, WHEN, WHERE, and HOW can I use motor imagery with my patients, and WHAT assessments can I use to evaluate my patients' motor imagery ability will be discussed.



Speaker

Dr. phil. Corina Schuster-Amft,
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Research Associate, Department of Sport, Exercise and Health, University of Basel

Moderation

Michaela Born and Nicole Baltensperger

Date and Time

Tuesday, 26th of October 2021

5–6 PM

No admission fee

Location

Schwarztorstrasse 48, 3007 Bern

Live stream

The lecture will be transmitted live over the web. Please send an email including name and institution to weiterbildung.physiotherapie@bfh.ch and we will provide you a weblink.