

How to use the mirror box



This is a way you can **exercise** to help you recover after a stroke. These exercises are good for your body and your brain.



You will need to do this exercise _____ times every day. **Practice** helps your brain and your muscles to learn to work together better.



You should try to exercise for about 20 minutes. If you do more, it might make you feel so tired the practice will not help.



Tell your therapist if the exercises **hurt**.

Most people find these exercises help if they have pain after a stroke.

<p>STEP 1</p>	<p>Find a quiet place to do the exercises. It is important to be able to look at the mirror and not get distracted.</p>
<p>STEP 2</p>	<p>Make sure you are sitting in a comfortable chair. You should be able to see your good arm in the mirror. Your weak arm should be behind the mirror.</p>
<p>STEP 3</p>	<p>Keep looking at the mirror. It should seem like you are looking through the glass at your other hand.</p>
<p>STEP 4</p>	<p>Now you can start to move your strong hand. Make the movements slow and smooth. Be sure to keep watching in the mirror. Try to imagine that both hands are moving together.</p>

STEP 5	Now you can start to move both hands at the same time. Keep the movements slow and smooth. Make sure you are still watching in the mirror. Think about feeling the muscles moving in your weak arm.
---------------	--

Try to take some deep breaths when you start just watching your hand in step 3. When you are relaxed, it is easier for your body and brain to work together.

You can also try moving objects with both hands, like pushing up and down on a balloon, or squeezing a sponge.

You can try to hold a plastic cup in your hand while you move your wrist.

You can use a washcloth to help your hand slide on the table.