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Download a PDF of the book by G. Lorimer Moseley and others on Graded Motor Imagery, a treatment for chronic pain. Learn about the theory, evidence, practice and tools of GMI from experts in the field. However, there are limited research studies on its application and effectiveness in shoulder pathologies, especially when it is applied as a part of graded motor imagery (GMI). The present study aims to highlight a novel therapeutic approach for the treatment of shoulder painful pathologies, using an innovative Mirror Therapy (Fekos Mirror. Download a PDF of the book by G. Lorimer Moseley and others on Graded Motor Imagery, a treatment for chronic pain. Learn about the theory, evidence, practice and tools of GMI from experts in the field. Graded Motor • Chronic regional pain syndrome Imagery (GMI) is a treatment used to train your brain • Pain following a stroke to reduce pain signals and improve function. • Each phase lasts about 2 weeks. People that have pain for a long time sometimes have problems knowing if a leg or arm is from the right of left side of the body. Graded motor imagery is a sequence of strategies including laterality restoration (being able to identify left and right limbs), motor imagery and use of a mirror box. The therapeutic target is the process in the central nervous system broadly referred to central sensitivity.