Abstract:

The aim of this study was to develop occupational therapy manual Mirror therapy. In the Czech Republic, this method is almost never used, despite the excellent results of foreign studies. The method uses the visual perception received from the mirror, where you can see the reflection of moving upper limb. Through the visual pathway information is fed to the brain, where due to the plasticity of the brain leads to the creation of new income center. Efferent pathways, the output information led to the affected upper limb, which in most cases is not only to improve motor, but also sensitive components. An important advantage is the possibility of applying this therapy to a wide range of diagnoses, which can include neurological disorders, rheumatic diseases, post-surgical procedures such as amputation and transfer, the sensory re-education, reduction of pain. In the occupational therapy this method is mostly used to train the selective phase of grips, which are necessary for proper implementation of the activities of daily living (ADL). During the therapy we can use therapeutic aids as well but normal daily-used object are preferable. The big advantage is the possibility to use this therapy in the patient's home environment, hence the for education of occupational therapist is needed. The theoretical part describes a manual of principles and methods of Mirror therapy, principles necessary for quality applications, the use of Mirror Therapy for ADL training, client education. The practical part consists of systematically covering the sequences of upper limb exercises accompanied by photographs of a list of tools that can be used in more demanding therapy.

Key words: occupational therapy, Mirror therapy, ADL, upper limb, brain plasticity