

# Doctor

# PEARLS



*Practical Evidence About Real Life Situations*

## Mirror therapy improves motor function after stroke

### Clinical question

How effective is mirror therapy for improving motor function, activities of daily living, pain and visuospatial neglect in patients after stroke?

### Bottom line

When compared with all other interventions, mirror therapy improved movement of the affected limb and the ability to carry out daily activities. It also reduced pain after stroke, but only in patients with a complex regional pain syndrome. The beneficial effects on movement were maintained for 6 months, but not in all study groups. No adverse side effects were reported.

### Caveat

Limitations included the small sample sizes of most studies, and control interventions that were not used routinely in stroke rehabilitation.

### Context

Mirror therapy is used to improve motor function after stroke. During mirror therapy, a mirror is placed in the patient's mid-sagittal plane, thus reflecting movements of the non-paretic side as if it were the affected side.

### Cochrane Systematic Review

Thieme H et al. Mirror therapy for improving motor function after stroke. *Cochrane Reviews*, 2012, Issue 3. Article No. CD008449. DOI: 10.1002/14651858. CD008449.pub2.

*This review contains 14 studies involving 567 participants.*

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