

GMI Practice Test Questions and Answers

1. What is the primary focus of Graded Motor Imagery (GMI) treatment protocols?

- A) Immediate high-intensity physical exercise
- B) Sequential progression through laterality, motor imagery, and mirror therapy
- C) Surgical intervention as the first treatment option
- D) Avoiding all movement and activity

2. Which condition is most commonly treated using Graded Motor Imagery techniques?

- A) Common cold symptoms
- B) Complex Regional Pain Syndrome (CRPS) and phantom limb pain
- C) Routine muscle strains
- D) Digestive disorders

3. What is the correct sequence for implementing the three stages of GMI treatment?

- A) Mirror therapy, motor imagery, laterality training
- B) Laterality training, motor imagery, mirror therapy
- C) Motor imagery, laterality training, mirror therapy
- D) All stages should be implemented simultaneously

4. Which neuroplasticity principle underlies the effectiveness of Graded Motor Imagery?

- A) The brain cannot adapt or change after injury
- B) The brain's ability to reorganize and form new neural pathways
- C) Mental imagery has no effect on physical recovery
- D) Pain pathways cannot be modified through treatment

Answers: 1-B 2-B 3-B 4-B

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