

*Saebo***Mind**

Mental Practice Exercises

User Manual



No Plateau In Sight[®]

Introduction

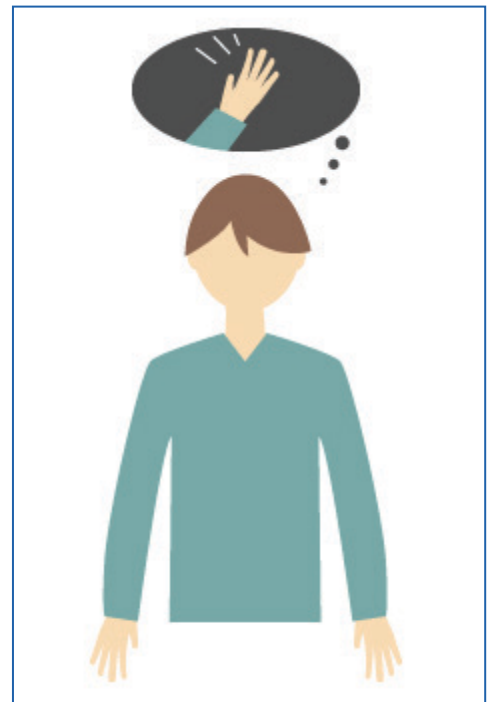
Saebo is pleased to introduce **SaeboMind** – an audio collection of guided mental practice and imagery exercises used as a treatment tool for motor recovery after stroke and other forms of neurological injury. The usefulness of mental practice, or MP, has been studied for decades in sports, exercise, performing arts, and business environments alike. According to research, mental practice and visualization of performing a specific task, in combination with physical training, has a positive effect on outcomes.

There is great news about mental practice! What works for athletes and other healthy adults also can work for someone that has had an injury to their brain and nervous system.

How Does It Work?

Practice makes perfect. Mental practice is based on evidence that repetitive rehearsal of an activity using only the mind triggers many of the same motor, sensory, and perceptual areas in the brain as physically practicing the same activity. Regular MP practice strengthens brain networks needed for automatic recall of how to perform the task, just like practicing a physical skill or learning words to a new song.

Each time we repeat a task that is meaningful to us, even if it is only mentally rehearsed, it rewires our brain (causes physical changes in our brain mapping). The rewiring of our brain map improves the connections required to complete the movements of a specific task. On the flip side, specific tasks that are not practiced mentally (or physically) will likely not be reinforced or learned as effectively. In other words, use it or lose it.



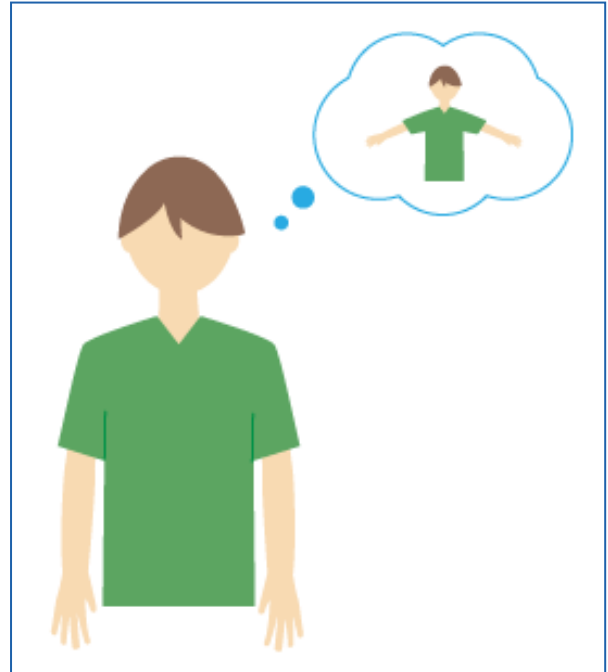
Benefits

- Improves the motor function of an affected limb.
- Enhances motor planning.
- Increases awareness of the affected limb.
- Helps overcome “learned nonuse” by increasing the amount one uses the affected limb.
- Builds a better “mind map” for judging the body’s relationship to an object and its surroundings.
- Promotes relaxation for health and wellness.
- Ideal for home use and/or to incorporate within therapy sessions.

Mental Practice Research

There is strong support in the rehabilitation community that MP should be routinely used after stroke and many other types of injury, ideally in conjunction with physical practice. Moreover, a person can begin MP at any stage in recovery. Level 1a evidence for MP (the highest level of research) shows that more people improve movement and functional outcomes when using mental practice when compared to people who did not use MP.

This research showed that consistent use of MP of a motivating task for 20-45 minutes was best. This result is especially true for stroke survivors with residual deficits in their affected upper extremities. Repeated mental practice sessions should have a “practice effect.”



This means the more the participant mentally practices his or her chosen activity, the better they physically become over time.

Features

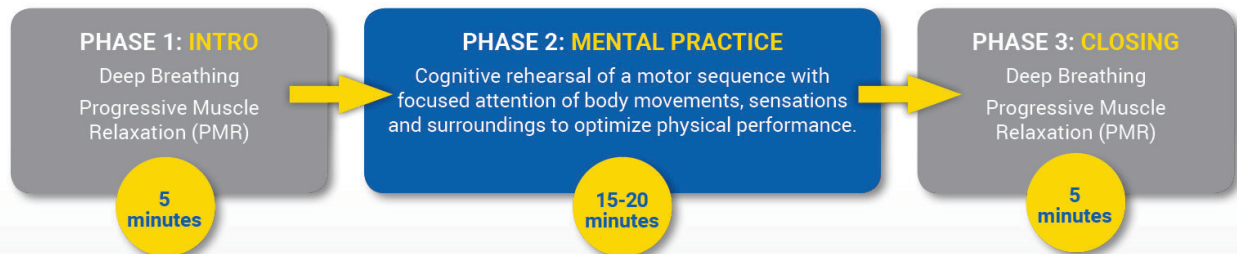
Evidence-based *SaebMind* treatment for rehabilitation of movement after a stroke or brain injury involves actively listening to audio recordings and imagining what it would be like to perform the activity using the affected side.

- Choose from a variety of upper extremity and lower extremity functional activities in the *SaebMind* Exercise Portal.
- Total practice time ranges from 20-30 minutes for one audio file.
- All audio files start with Introduction Meditation and end with a Closing Meditation that includes:
 - **Progressive Muscle Relaxation** – a mindful sequence of contraction and relaxation of muscle groups to increase awareness and develop control of muscles.
 - **Deep Breathing** – promotes a relaxation response to lower stress and increase focus, increasing oxygen and blood flow to brain and body.

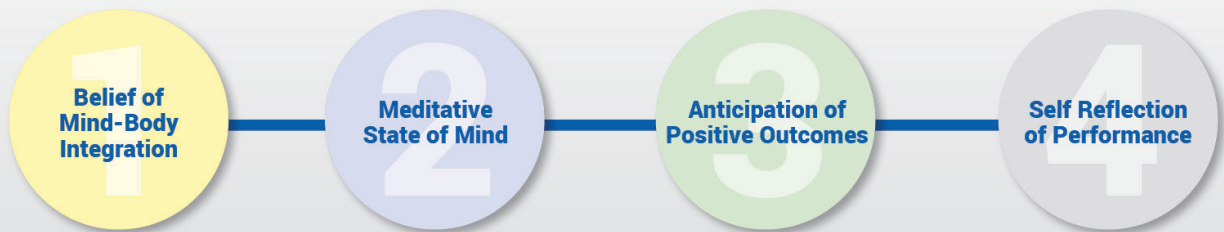
Note: Intervention must include the introductory and closing meditation sequences for effectiveness.

SaeboMind

Audio guided **mental practice, relaxation** and **imagery** exercises to train the **brain and body** to physically perform goal-directed tasks for neurological recovery.



FOUR PILLARS of SaeboMind



Indications For Use

- Clients with stroke or brain injury that have difficulty moving one or both sides of their bodies due to weakness or motor control impairments.
- Clients must be able to concentrate for the duration of a session (20-30 minutes).
- Listening to MP tends to work best on those that can:
 - understand concepts regarding mental rehearsal.
 - understand (most) spoken directions.
- Clients can still qualify for MP even if they can't move/feel their affected limb(s).

Precautions

There are no known adverse effects for participating in mental practice. However, it is highly important to follow the below guidelines:

- Always perform mental practice in a chair or bed that is considered supportive, safe, and secure to avoid falls.
- Ensure all of your assistive equipment is within reach to avoid falls.
- NEVER STAND UP or physically perform any of the actions described during mental practice.
- Supervision is recommended for clients with disorientation or confusion that could place themselves at risk for injury.
- **SAEBOMIND EXERCISE AUDIO FILES ARE INTENDED FOR LISTENING AND MENTAL PRACTICE OF A TASK ONLY.**
- NEVER drive or operate a vehicle unless cleared by a physician.
- Always work directly with a skilled rehabilitation professional when physically practicing tasks that could place you at risk for fall or injury.
- After finishing your MP session, it is common to be very relaxed as you come back to awareness in your room. As a general precaution, be sure to give yourself time to sit up and stretch, move your muscles, and become alert before getting out of your chair/bed. This will help to reduce the risk of losing balance or becoming light headed from getting up too quickly.

Getting Started

Recommended Intensity and Frequency:

- Minimum of one session per day.
- Minimum of 5 times per week.

Step 1 – Setup

- Identify a quiet place free of distractions (e.g., no television, people talking or moving around) where MP can be practiced as long as 30 minutes in one session.
- Required equipment:
 - Comfortable chair with back and side support. A bed may also be used if the client is positioned in a slight upright sitting position to avoid falling asleep.
 - Computer, tablet or phone with an internet connection to access the website and audio files
 - Headphones or earbuds are recommended.
- Ensure all equipment is within reach to avoid falls.
- It may be helpful to reduce the light in the room before pressing the play button.

Step 2 – Locate

Please visit <https://www.saebo.com/shop/saebomind/> on a desktop or mobile device to request access to **SaeboMind**. Once you submit the form provided, you will be automatically redirected to the **SaeboMind** app, which lists all the available mental practice exercises for instant audio streaming (no download required). If you'd like easy access from your mobile device, tap "Add to Home Screen" from the page settings on your mobile browser.

Step 3 – Select

- First, prioritize your functional goals for your recovery. What skills do you need to develop?
 - Review all audio file titles carefully in the **SaeboMind** Exercise Portal before starting.
 - Narrow down selections and pick ONE favorite meaningful activity.
 - If you have both upper and lower extremity deficits, choose ONE task from each category.
- If you are currently in therapy, share with your therapist that you want to do **SaeboMind** Exercises. Together, select an activity audio file that matches what you are working on in your therapy sessions.
 - Plan therapy sessions with the end goal of specific mental practice recording in mind.
 - When physical practice of the task is performed before listening to a mental practice session, it allows you to become familiar with the task.

Important:

It is recommended that you listen to the same 1 or 2 audio files for multiple, consecutive practice sessions before changing to a different activity/audio file. This will help reinforce the learning needed for the task. When your brain can easily memorize and anticipate what happens next AND you see more success with physical practice of the task it is a good sign that you can pick another audio file activity. You may also chose to continue using the same file(s) to further improve your abilities.

Step 4 – Listen

- After properly setting up your practice environment and choosing your file, it is time to begin your mental practice session.
- Avoid as many interruptions as possible during your mental practice session for best results. Eating/drinking, talking to others, and engaging in another activity is not recommended.
- We suggest that you only practice one activity and do so repeatedly.

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