



Northern Health
and Social Care Trust

Mirror Box Therapy Activity Booklet

Developed by

Occupational Therapy Rehabilitation Department
Whiteabbey Hospital, Newtownabbey,
Co. Antrim, Northern Ireland

Mirror Box Therapy



Mirror therapy is a specific therapy designed to strengthen arms and hands weakened by a stroke. In mirror therapy, we use movements of the stronger hand and arm to “trick our brain” into thinking that the weaker arm is moving.

Researchers have shown that this “tricking of the brain” actually works – the brain areas responsibility for making the weaker arm move become stimulated.

You must keep looking the mirror whilst carrying out these activities.

Please complete the attached activities as recommended by your occupational therapist.

Occupational Therapist: _____
Whiteabbey Hospital

Activity 1 – Abduction/Adduction



Number of repetitions _____

Activity 2 – Shoulder Flexion/Extension



Number or repetitions _____

Activity 3 – Elbow Flexion/Extension



Number or repetitions _____

Activity 4 – Pronation/Supination



Number of repetitions _____

Activity 5 – Wrist Extension



Number of repetitions _____

Activity 6 – Finger Flexion/Extension



Number of repetitions _____

Activity 7 – Opposition Index/Middle Finger



Number of repetitions _____

Activity 8 – Opposition Ring & Little Finger



Number of repetitions _____