Special Issue

Translational Aspects of Motor Imagery

Message from the Guest Editors

Motor imagery tasks assess persons' ability to mentally activate motor representations in the absence of actual body actions. Training individuals to mentally simulate own limb movements can facilitate physical execution of the very same movements. For this reason, motor imagery, especially when combined with physical practice, can enhance motor performance in athletes as well as in people with different neurological conditions. In particular, in recent years, converging evidence has been demonstrating the effectiveness of motor-imagery-based rehabilitative programmes in rehabilitating people with spinal cord injury, children with developmental coordination disorder, or people with complex pain regional syndrome or low back pain. Thus, further advancing knowledge about the mechanisms underlying motor imagery performance and training could represent a useful way to develop personalized and increasingly effective programmes for training of professional athletes and treating patients with sensorimotor disorders.

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