

@ | Dessintey

**HOW MENTAL
IMAGERY
IMPROVES
PERFORMANCE**

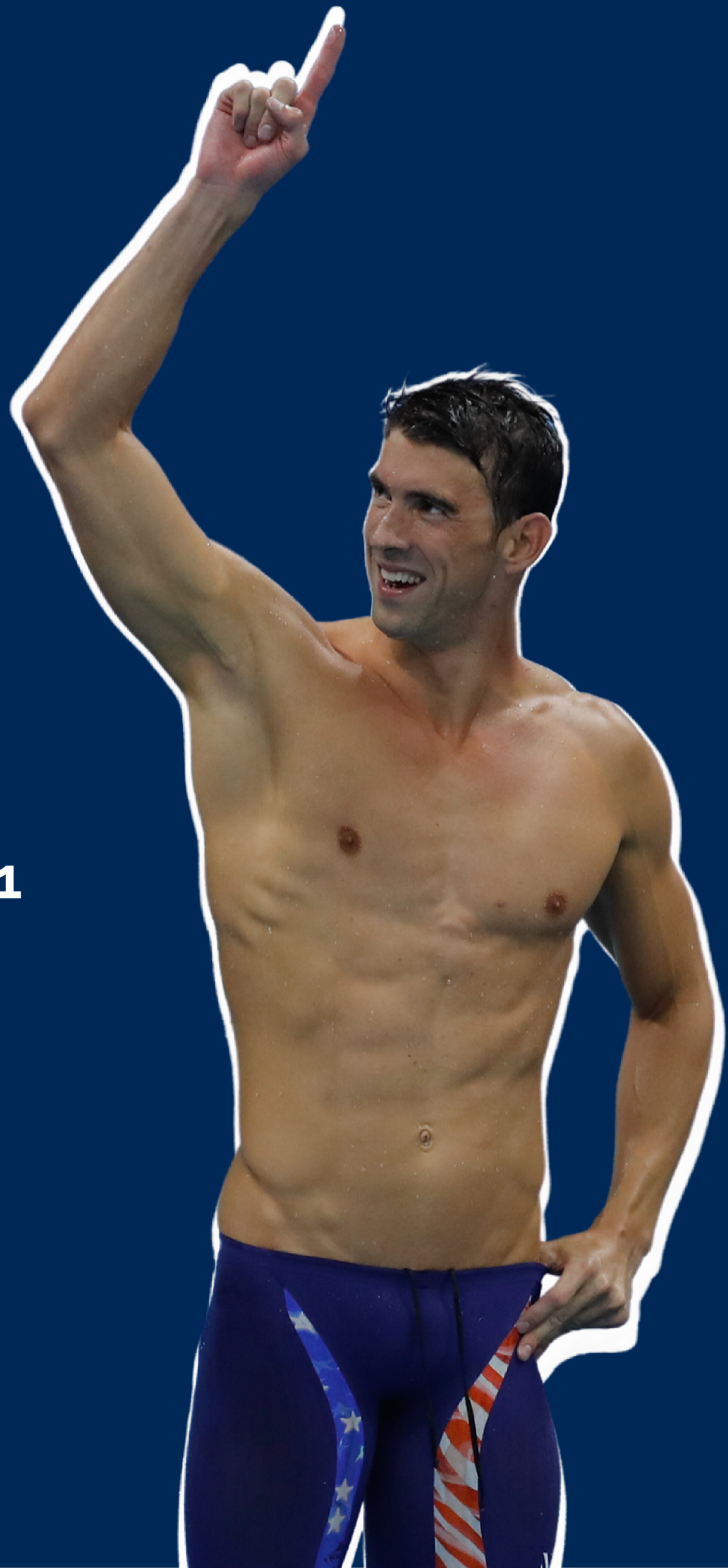
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Everybody knows
Michael Phelps.

26

**gold medals
between 2001 - 2011**

World's best
swimmer



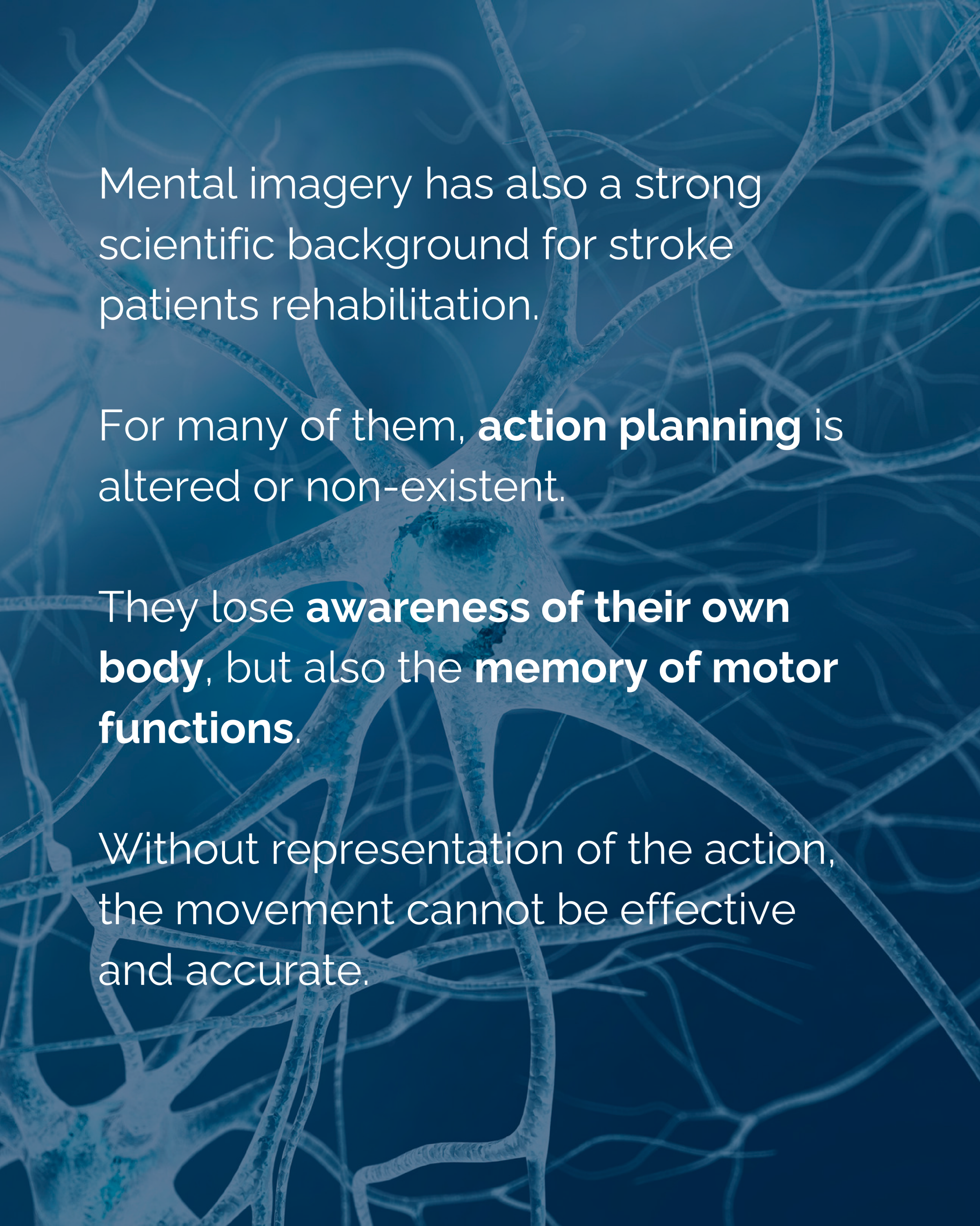
A swimmer wearing a white cap with 'MVP' and an American flag, and goggles. The background is a blue and white pattern.

He often says his performances are also due to a specific training technic:

MENTAL IMAGERY

Mental imagery involves creating and vividly experiencing mental images of the desired outcome. For example:

- imagining swimming
- focusing on every part of his body
- feeling water on his body
- winning the race



Mental imagery has also a strong scientific background for stroke patients rehabilitation.

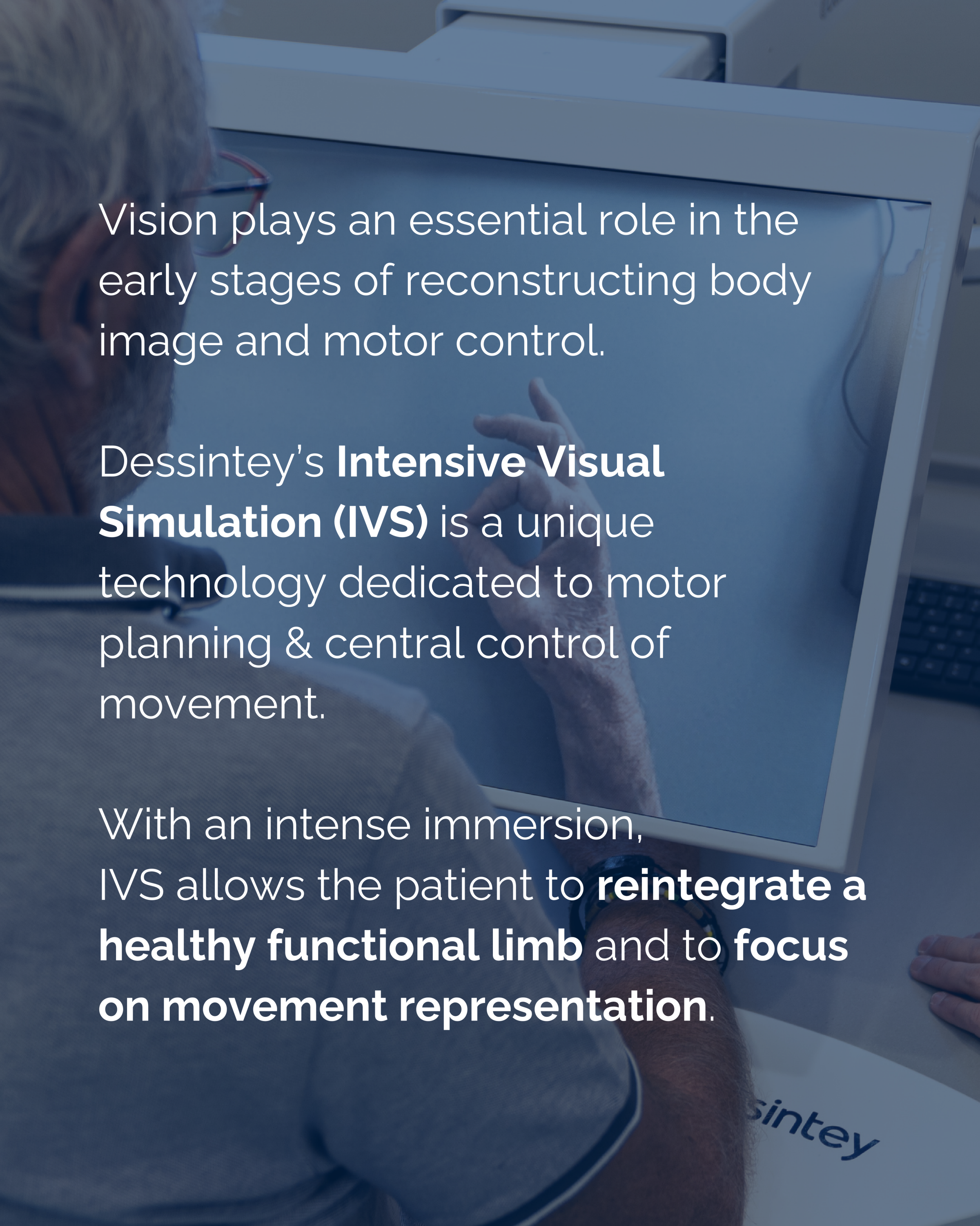
For many of them, **action planning** is altered or non-existent.

They lose **awareness of their own body**, but also the **memory of motor functions**.

Without representation of the action, the movement cannot be effective and accurate.



“Seeing a
movement is
almost like
doing it.”

A person with glasses is looking at a large computer monitor. The monitor displays a simulation. The person's hand is visible, pointing at the screen. The background is a light blue color. The text is overlaid on the image.

Vision plays an essential role in the early stages of reconstructing body image and motor control.

Dessintey's **Intensive Visual Simulation (IVS)** is a unique technology dedicated to motor planning & central control of movement.

With an intense immersion, IVS allows the patient to **reintegrate a healthy functional limb** and to **focus on movement representation**.

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**More information about IVS
technology**

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