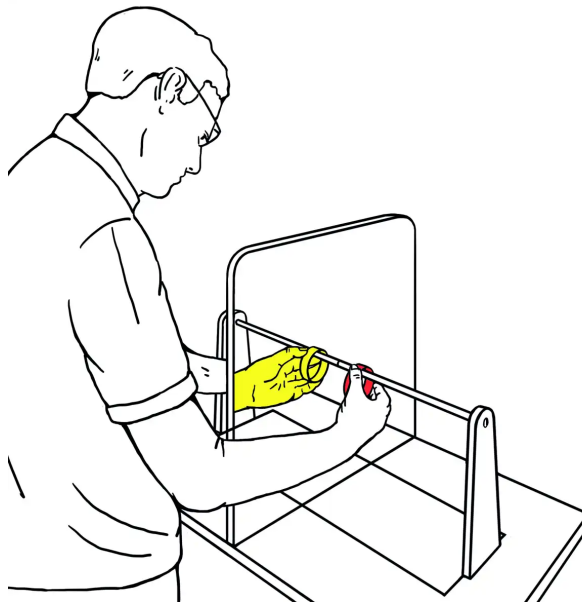


Mirror or window

How do your moving hands feel when you look into the mirror?



Hold the two rings with the same fingers of each hand.
Move the rings back and forth evenly.

Look at the reflection of one hand.

Move one ring with one hand while holding the other hand still. Now try moving the other hand. What do you feel?

How does it feel when another person touches your hand behind the mirror?

The hand in the mirror looks like your real hand. You get a strange feeling when you feel movement in that hand but don't see it, and vice versa.

Your brain trusts your eyes rather than the movement signal of your arm muscles. When your hand is touched behind the mirror it also feels strange because you don't see the touch.

This phenomenon is used in mirror box therapy to relieve phantom pain in body parts that are no longer present. The missing body parts become "visible" again through a mirror and the illusion that they are moving helps to treat the pain.