

Accepted Manuscript

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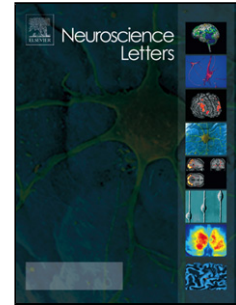
PII: S0304-3940(18)30001-6
DOI: <https://doi.org/10.1016/j.neulet.2018.01.001>
Reference: NSL 33335

To appear in: *Neuroscience Letters*

Received date: 27-9-2017
Revised date: 11-12-2017
Accepted date: 2-1-2018

Please cite this article as: Kouki Kato, Kazuyuki Kanosue, Motor imagery of voluntary muscle relaxation of the foot induces a temporal reduction of corticospinal excitability in the hand, *Neuroscience Letters* <https://doi.org/10.1016/j.neulet.2018.01.001>

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**Motor imagery of voluntary muscle relaxation of the foot induces
a temporal reduction of corticospinal excitability in the hand**

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Highlights

- • Motor imagery of foot muscle relaxation influences corticospinal excitability for the ipsilateral hand.
- • Corticospinal excitability of hand muscles temporarily decreased during volitional relaxation of foot as compared with those of the resting control.
- • Corticospinal excitability of hand muscles also temporarily decreased during imagery relaxation of foot.
- • A correlation of MEP amplitude between actual relaxation and imagery relaxation was observed.

Abstract

The object of this study was to clarify how the motor imagery of foot muscle relaxation influences corticospinal excitability for the ipsilateral hand. Twelve participants volitionally relaxed their right foot from a dorsiflexed position (actual relaxation), or

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