

# Jean-Michel Gracies, MD, PhD

Prof. Jean-Michel Gracies MD, PhD, is a world-renowned expert on the neurorehabilitation of movement. Prof Gracies is currently Professor and Chair in the Department of Neurorehabilitation at Hôpital Henri Mondor, in Créteil, France. He has written over 200 original articles, book chapters, theses, reviews, and abstracts. He has served on the editorial board of the Journal of Neural Transmission and is an ad hoc reviewer for Brain, Experimental Brain Research, Muscle and Nerve, Stroke, Movement Disorders, Clinical Neuropharmacology, Clinical Neurophysiology, the Archives of Physical Medicine and Rehabilitation, the American Journal of Rehabilitation, the Archives of Gerontology and Geriatrics, and the Journal of Neurology, Neuropsychiatry and Neurosurgery.

From his department at Créteil, France, he is launching novel pathophysiological concepts, neurorehabilitation programs, and clinical research projects for syndromes such as spastic paresis, parkinsonism, tremors, peripheral facial palsy, and other movement disorders. In the field of spastic paresis his main published contributions to date have been the design, validation, and promotion of a scale he named the *Tardieu Scale*, which he later incorporated into a *Five-Step Assessment*. He also defined the phenomenon of *spastic co-contraction* and contributed to its recognition as a primary disabling symptom in spastic paresis. Finally, he developed the concept of *Guided Self-rehabilitation Contract* (GSC) to be used in the treatment of spastic paresis in particular, and in any disabling chronic disorder in general. Prof. Gracies currently acts as the international coordinator of studies in spastic paresis using botulinum toxin and GSCs. He lectures worldwide on the pathophysiology and treatment of spastic paresis, the neurorehabilitative treatment of parkinsonism, the treatment of tremors using botulinum toxin and motor strengthening, and programming methods for deep brain stimulation.