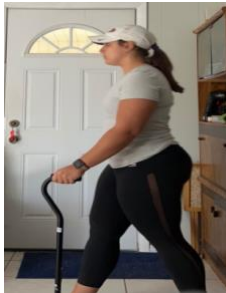


Neuroplasticity

How the brain adapts and changes with experience

Principles of Neuroplasticity

USE IT OR LOSE IT:
must use skills to keep them



REPETITION & INTENSITY MATTER:
lots of challenging practice



SPECIFICITY:
task specific movements



USE IT & IMPROVE IT:
use weak extremities to strengthen them



EXPERIENCE MATTERS:
optimal training in a helpful environment

