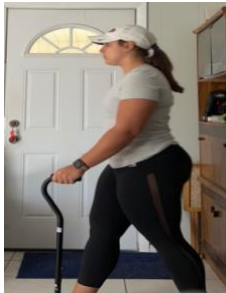


# Neuroplasticity

How the brain adapts and changes with experience

## Principles of Neuroplasticity

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



**SPECIFICITY:**  
task specific movements



**REPETITION & INTENSITY MATTER:**  
lots of challenging practice



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



**EXPERIENCE MATTERS:**  
optimal training in a helpful environment

