

Principle	Description
Use it or lose it	Failure to drive specific brain functions can lead to functional degradation.
Use it and improve it	Training that drives a specific brain function can lead to an enhancement of that function.
Specificity	The nature of the training experience dictates the nature of the plasticity.
Repetition matters	Induction of plasticity requires sufficient repetition.
Intensity matters	Induction of plasticity requires sufficient training intensity.
Time matters	Different forms of plasticity occur at different times during training.
Salience matters	The training experience must be sufficiently salient to induce plasticity.
Age matters	Training-induced plasticity occurs more readily in younger brains.
Transference	Plasticity in response to one training experience can enhance the acquisition of similar behaviors.
Interference	Plasticity in response to one experience can interfere with the acquisition of other behaviors.

# Motor Learning Principles Physical Therapy

**Richard A. Magill**



## **Motor Learning Principles Physical Therapy:**

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