

3 Practical Takeaways



One size does not fit all! Do you intentionally match your motor learning strategies with your client?

From Leech, K. A., Roemmich, R. T., Gordon, J., Reisman, D. S., & Cherry-Allen, K. M. (2022). Updates in motor learning: Implications for physical therapist practice and education. *Physical therapy*, 102(1), pzab250.

1 “There are multiple mechanisms of motor learning”

- The article described 4 mechanisms, each involving different parts of the Central Nervous System, and requiring different levels of cognitive load

2 Design interventions to match the mechanism that best suits your client’s characteristics

- Some considerations include the part of the CNS affected, and your client’s working memory

3 Intentionally target different mechanisms in parallel to optimize motor learning & neuroplasticity

- In addition, monitor the impact of targeting a particular mechanism to help you adjust & decide whether to integrate another mechanism into your intervention

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