

MOTOR LEARNING FOR PERFORMANCE

WHAT IS MOTOR LEARNING?

The ability to develop a **relatively permanent change in motor skills** from novice to skilled performance **through practice or experience**

A complex process in the brain in response to practice or experience of a skill that allows for production of a new motor skill.



Retention over time?

Improvement?



IS THERE...

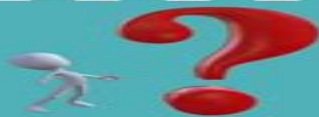
Consistency?



Transfer between environments?



PHASES



Cognitive

- Poor quality, stiff/rigid movement
- Overcorrection is common

Associative

- Refinement of movement
- Efficiency
- Less cognitive attention is needed

Autonomous

- Little cognitive demand
- Focus is on other skills/strategies



MORE INFORMATION

Gokeler, A., Benjaminse, A., Hewett, T.E., Paterno, M.V., Ford, K.R., Otten, E., & Myer, G.D. (2013). Feedback Techniques to Target Functional Deficits Following Anterior Cruciate Ligament Reconstruction: Implications for Motor Control and Reduction of Second Injury Risk. *Sports medicine*, 43(11), 1065-1074. doi:10.1007/s40279-013-0095-0

Muratori, L.M., Lamberg, E.M., Quinn, L., & Duff, S.V. (2013). Applying principles of motor learning and control to upper extremity rehabilitation. *J Hand therapy*, 26(2), 14-109. doi:10.1016/j.jht.2012.12.007

Wulf, G., Shea, C., & Lewthwaite, R. (2010). Motor skill learning and performance: a review of influential factors. *Medical Education*, 44, 75-84. doi:10.1111/j.1365-2929.2009.03421.x

Motor Learning And Performance

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