

# Patty's PT Tips

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## Neuroplasticity-Cultivating and Harvesting the Rewards

Resources: <https://www.constanttherapy.com>

Limitless book by Jim Kwik available wherever you get your reading material

- I. Anatomy of the Brain for Learning-see diagrams
  - a. Know your brain-different lobes of the brain and their significance
  - b. How injury to the pathways affect daily life-right brain vs. left brain
  
- II. 10 Principles of neuroplasticity
  - a. Use it or lose it
  - b. Use it and improve it
  - c. Specificity
  - d. Salience
  - e. Transference
  - f. Interference
  - g. Time
  - h. Age
  - i. Repetition
  - j. Intensity
  
- III. Key Components to create new pathways
  - a. Mindset-What is possible? What am I capable of? What do I believe I deserve?
  - b. Motivation-Why do I set this goal? Connect to your purpose. What is your passion? All behavior is belief driven.

c. Methods-What is the how? What are the techniques you can use? What Tiny Habit can you implement? Active engagement leads to retention of the skill.

\*\*The intersection of the components above lead to creating new neural pathways.

\*\* Make it Easy, Lucrative (the payoff) and Fun-the ELF principal

**Homework:**

Pick a neural pathway goal-short or long term-write it down. i.e. get stronger core muscles; learn techniques for improving short term memory; reduce spasticity in leg muscles

Write about your Mindset, Motivation(s) and Method(s) for achieving this goal(s)