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Motor Learning Principles and Occupational Therapy: Evidence Based Practice Guidelines for Neurorehabilitation

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Learning Objectives

Participants will:

- Discuss the theoretical basis and evidence for motor learning
- Define motor learning practices and their application to neurorehabilitation
- Assess skill learning as it relates to treatment outcomes
- Verbalize the practical issues associated with skill learning and evidence based neurorehabilitation practices
- Design a treatment session by applying evidence based motor learning principles.

The purpose of this 1.5 hour workshop is to examine the main motor learning principles guiding the occupational therapy intervention process. Evidence for these principles will be drawn from the literature on neurorehabilitation. Participants will have the opportunity

to examine how repetitive task practice, types of practice and schedules of practice informs the delivery of present health care. Popular approaches such as Constraint Induced Movement Therapy, the Saebo protocol and Arm Ability Training will be examined as to the evidence for these approaches and their impact on current interventions. Present systematic neurorehabilitation approaches will be compared and contrasted in regards to their use and relationship to motor learning principles and occupational therapy practice. Using both power point slides and case discussion participants will learn to analyze and apply motor learning concepts to case studies. Opportunity will be given for participants to examine their own assumptions about motor learning and its impact on practice.