

## April 2018 Clinical PEARL



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Hello members.

In April we have focused on neuroplasticity. Defining neuroplasticity, identified ways to help clinicians in practice, and identified future methods to help us evaluate and measure neuroplasticity.

To summarize the month, we are providing a CLINICAL PEARL video to show how you may be able to incorporate neuroplasticity into practice.

An example of combining intensity, novel environment, challenging. Let's get our patients brains engaged!

### [Mike Boxing Circuit](#)

Examples of use of neuroplastic principles as described by Kleim and Jones, 2008. Salience (Mike LOVES boxing and AC/DC!), Intensity (part of a 4 exercise circuit), Reps (50+), use it or lose it (Affected UE/LE in weight bear), use it and improve it... (Video used with permission)

**We are seeking volunteers interested in assisting with the Stroke SIG while we are growing and developing. If you are interested, please contact [heather.hayes@hsc.utah.edu](mailto:heather.hayes@hsc.utah.edu) Heather Hayes**  
Thank you.

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