The Science of Neuroplasticity
Shows us that Recovery is Possible – even Years after Stroke or Brain Injury

**neuroplasticity:** our brain's ability to continue to reorganize itself by forming new neural connections throughout life, which means that your brain can compensate for injury and adjust in response to new situations.

### The Key to Neuroplasticity is Practice

- **New neural connections** can form at an amazing speed, but in order to reconnect, neurons need to be stimulated through activity.
- Neural connections are formed with specific brain exercise and strengthened with practice. The more you practice, the better you get.
- The key to neuroplasticity is targeting a skill over time. Strong neural connections are made with frequency and consistency of practice.
- No matter when your brain injury occurred - last week or 10 years ago - it's never too late to form new neural connections to recover. Start practicing today!

### How Neural Connections Are Made

1. **A neuron** is a nerve cell that processes and transmits information around our brains.

2. Neurons communicate with each other at a synapse, making a neural connection. Trillions of these neural connections facilitate our thinking, feeling & acting.

3. **Rehab therapy** works to stimulate new neural connections, with the goal to promote self-repair and re-organization through specific brain exercises.

Source: [http://web.stanford.edu/group/hopes/cgi-bin/hopes_test/neuroplasticity/](http://web.stanford.edu/group/hopes/cgi-bin/hopes_test/neuroplasticity/)

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