

Understanding and Optimizing Human Motor Learning

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Motor learning can occur on many timescales --- from minutes to hours to years. Here I will discuss a form of short timescale motor learning called adaptation. I will discuss 4 questions related to adaptation of the walking pattern: Why adapt? How well retained and general is this type of learning? What are the affects of focal brain damage? And do children adapt differently than adults? I will argue that an understanding of the processes is essential for neurorehabilitation and will discuss the transition from short time scale adaptation to more permanent learning.