

# Ten Principles of Neuroplasticity You Should Know

First things first: What is neuroplasticity? Simply, it means *"to change the brain."* It means hope for people with brain injuries and athletes alike. It suggests that brains can heal, adapt and rewire after they have been damaged.

Our brain's abilities improve when we practice and we are shaped by our experiences. Brain therapy is no different. Dr. Allen's techniques work because he engages these 10 neurological principles\* to forge and strengthen the natural pre-programmed pathways to endure while at the same time causing the sacrifice of those pathways that serve no useful purpose, according to the original human design.

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1. **Use it or lose it:** We lose abilities when we stop doing certain things.
2. **Use it and improve it:** We get better at the skills we practice more often.
3. **Specificity:** For a task to improve it must be practiced skillfully and exactly.
4. **Repetition matters:** Brain change happens with rehearsal; over and over again.
5. **Intensity matters:** The more often a right task is done the greater the benefit.
6. **Time matters:** Brain change is a process with windows of opportunity for different skills at different times; start earlier rather than later.
7. **Salience matters:** Brain change requires meaning, relevance and importance.
8. **Age matters:** While younger brains are more resilient, improvement is possible at any age.
9. **Transference:** Practicing one skill can reveal benefits in a related skill.
10. **Interference:** Adaptation of a process (i.e., a task done contrary to the nervous system's original design) may make it harder to learn to perform a given task properly.

So, how can you apply these 10 principles to your practice? Dr. Allen can teach you how to see the clinical instances where your patient's nervous systems are breaking down and describe the detriment of that dysfunction. Every one of us has patients whose nervous systems need our help, and these issues often go unaddressed because we don't know how to find them. Every [erroneous](#)

**movement pattern** deepens the rut of neurological dysfunction; these unnatural - *unhuman* -- movement patterns must be quenched and replaced by the natural inborn patterns for our brains to work optimally. Anything short of optimal movement is less than human.