Task Acquisition and Motor Learning Require Conscious Efforts by The Patients

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Abstract

Motor skill acquisition is a complex process of learning through the interaction of various dependent variables. One of the most important variables is the conscious effort of the patients to learn a new skill or to refine a learned skill. Therapist-patient healthy relationship plays an important role in motor re-learning.

Keywords: Motor Learning; New Skill; Practice; Training

Short Communication

Motor learning is a “collection of internal processes associated with practice leading to relatively permanent changes in the skilled behavior.” In other terms, motor learning is when complex processes occurring in the brain, in response to the practice of a particular skill resulting in the acquisition of new motor skill [1]. Motor learning involves three stages such as, cognitive, associative and autonomous [2]. Except for the autonomous stage, cognitive and autonomous stage requires a stable conscious effort by patients [3-5]. The theory of trust is essential in sports, active involvement of sportsman physically and cognitively is essential for retention and improvement of a motor skill. High levels of trust in a Therapist is associated with many benefits, including a better perception activity, greater acceptance of activity modification and adherence to the regime, lower anxiety in relation to any conflict [6-9]. Patients are more likely to open and disclose information if they trust their therapist, and the quality of interaction may lead to better compliance between patient-therapist, resulting in better treatment outcome [6] [10,11]. In view of the above, it’s imperative for a therapist to gain the confidence of the patients for better patient outcome. Regular one to one personal interaction, short counseling sessions and resolving a conflict causing anxiety to need to be a priority for a therapist to involve the patients’ physical and mental capacity to the fullest.

References


