

# Task Acquisition and Motor Learning Require Conscious Efforts by The Patients

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## Abstract

Motor learning and 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. Social and communication skills of a therapist play an important role in motivating and engaging cognition of a patient to learn a new motor skill.

**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 change in neuronal network [1]. Motor learning involves three stages such as, cognitive, associative and autonomous [2]. Except for the autonomous stage, cognitive and autonomous stage requires a conscious effort by the patients [3-5]. The Smart Approach (SA) is a systematic way to approach a patient for better rehabilitation outcome. The SA involves the following stages.

**a. Stage 1:** Reviewing the medical record of the patient.

**b. Stage 2:** Review the latest scientific literature for the best current practice.

**c. Stage 3:** The rehabilitation goals must be formulated in consultation with the patients and care takers.

The SA improves patients trust in therapist, which is essential factor in the success of the treatment. SA by a therapist would result in greater acceptance of activity modification and adherence to the regime, lower anxiety level in relation to any conflict [6-9].

Patients are more likely to open and disclose information if they trust their therapist. [6] [10,11]. In view of the above, it's imperative for a therapist to gain the confidence of the patients through a SA. Regular one to one personal interaction, short counseling sessions and resolving a conflict causing anxiety must be the priority for a therapist to engage the patients' physical and mental capacity to the fullest.

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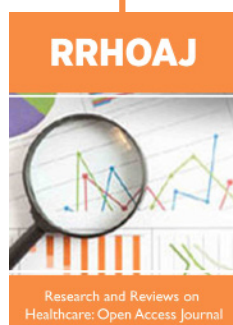


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