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# Objectives

MedBridge Education

*Motor Learning Strategies: Interventions at the Environment Level*

J.J. Mowder-Tinney, PT, PhD, NCS, C/NDT, CSRS

## Course Objectives

- Evaluate the appropriateness of integrating variability into plan of care
- Compare and contrast different feedback options to improve function
- Compare and contrast different cueing to switch from internal to external focus of attention
- Appropriately modify intensity during a session to improve outcomes

## Chapter 1 – Strategies at the Environment Level

In this chapter, J.J. Mowder-Tinney discusses the appropriateness of integrating variability into the plan of care. Variability is discussed through problem solving and the challenge point framework to keep the learner actively involved in problem solving during the process of finding movement solutions. Two different options for feedback are discussed along with their impact on function.

## Chapter 2 – Focus of Attention

A learner's focus of attention can be either internal, monitoring the way they move, or external, focusing on the actions of their movements and if the goal was achieved. J.J. Mowder-Tinney explores a comparison of two different cueing options to switch from internal to external focus of attention to increase effectiveness and efficiency of movement.

## Chapter 3 – Intensity and Mobility Training

Intensity incorporated into mobility training provides four benefits, which will be discussed throughout this chapter. Learners will be able to gauge the level of intensity based on a patient's heart rate, as well as use seven dimensions of challenge to adapt a mobility-training program.