



The word neuroplasticity is the combination of 2 words: neuron and plasticity. Neurons are the nerve cells in your brain; and plasticity means that you can mold or reorganize something.

Therefore, neuroplasticity refers to the process of reorganizing the neurons in your brain. This mechanism is how your brain can heal itself after a stroke and recover from the damage.

After a stroke, certain parts of the brain can become damaged depending on the type of stroke and where it occurred. The functions that were once stored in those parts of the brain become damaged, it can make movement difficult. That's where neuroplasticity comes into play.

Neuroplasticity allows your brain to rewire functions from damaged areas of the brain over to new, healthy parts of the brain. A different, healthy area of your brain is capable of picking up the slack. When mobility is affected, for example, new areas of the brain can learn to control the affected (impaired) side. For example, if the part of your brain responsible for motor control becomes damaged, it can make movement difficult.

While neuroplasticity is the #1 fact every patient should know about, you also need to know how to activate it.