

Learned Nonuse

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Learned nonuse: Behavioral learned response to paresis associated with preferential use of less affected limbs can interfere with recovery from neurological insult¹.

∴{.callout-note title:“example”} A patient with a stroke who undergoes limited rehabilitation learns to use the less affected extremities to achieve functional goals and fails to use the more affected extremities ∴

1 Prevention

Early exposure to training can prevent learned nonuse and the development of faulty or poor motor patterns¹.

2 Treatment

For later rehabilitation to be successful, these faulty patterns must be unlearned while patterns that incorporate the more involved side are recruited¹.

- There is ample evidence that training is also effective for patients with chronic disability¹.

1. O’Sullivan SB, Schmitz TJ, eds. *Improving Functional Outcomes in Physical Rehabilitation*. 2nd ed. F.A. Davis Company; 2016.