

# Introduction

- The Motor Relearning Programme (MRP) was developed by the Australian physiotherapists **Janet Carr and Roberta Shepherd**.
- It is a **task-oriented approach** to improving motor control, focusing on the relearning of daily activities.
- It is strongly based on theories in kinesiology that emphasize a distributed (rather than a hierarchal) motor control model.
- Postural adjustments are anticipatory and ongoing.
- Changes occur in muscular organization of a person occur simultaneously with the plan to move and prepare the person for performing the task.
- Motor behaviors emerge as a result of context or regulatory conditions in the environment (performer-environment interaction).
- Postural adjustments can be learned only in the context of task performance.

# Motor Relearning Program Ppt

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