

EXERCISE AND SPORT SCIENCES REVIEWS



ESSR Journal Club

Covered Article: “A Simple Analogy for Nervous System Plasticity After Injury” by Karim Fouad, Juan Forero, Caitlin Hurd.

Exercise and Sport Sciences Reviews. 43(2), April 2015.

1. What is plasticity?
2. Why is the CNS considered to be plastic?
3. Is the CNS still plastic injury? If so, on what levels (*e.g.*, molecular, structural, etc.) is it plastic?
4. Why is the relation between structural damage and function of the CNS after injury non-linear?
5. How is the phrase “use it or lose” associated with recovery after spinal cord injury?
6. Is spontaneous recovery after spinal cord injury always beneficial?
7. Knowing the location and size of an injury to the spinal cord may allow for predictions about functional outcome. Is it possible to infer the location and size of an injury based on the functional disability?
8. What are the limitations of a building blocks model to explain changes in the CNS after injury?