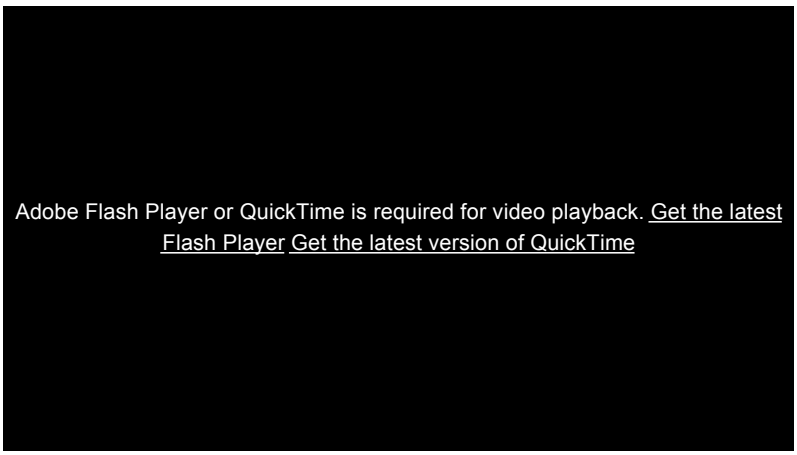
Dr Michael Grey

Dr Michael Grey of the School of Sport and Exercise Sciences describes, in 60 seconds, his research in recovery from brain injury..



Can you image not being able to eat by yourself, to write your name on a piece of paper or to go for a walk with your family? Most of us take these abilities for granted but for many people with stroke and other forms of acquired brain injury this is a daily reality.

I'm Michael Grey from the Neuroplasticity and Rehabilitation Laboratory at the University of Birmingham. I'm investigating how the brain changes when people learn new skills and how we can use this information to help people with brain injury.

The brain is constantly changing in response to experience and we are just beginning to understand the mechanisms responsible for these changes. In our lab we use non-invasive techniques to study the brain. We are trying to understand how the brain changes when we use neurorehabilitation treatments. These include muscle stimulation, brain stimulation, virtual reality and even diet.

Our goal is to improve our understanding of the physiology of recovery so that we can deliver better healthcare, reduce the cost of this care and, most importantly, improve the quality of life of people with brain injury.

Dr Michael Grey's profile (http://www.birmingham.ac.uk/schools/sport-exercise/staff/profile.aspx?ReferenceId=9921&Name=dr-michael-j.-grey)