reliable, they both prove that the brain is able to change and adapt due to new learning experiences and so prove plasticity.

Research into functional recovery usually comes in the form of case studies. For example, Jody, the girl who had half of her brain removed surgically as a cure for her epilepsy which originated in the right hemisphere. This proves functional recovery because all the functions that were previously in the right hemisphere moved to the left hemisphere and she was able to walk and behave like a normal girl of her age, despite only having half of her brain. Functional recovery can also be proved in some stroke patients who have had part of their brain damaged, due to the stroke, and the functions of the damaged parts have moved to other parts of the brain, meaning they were able to recover their lost abilities to some extent, or completely. These are great ways of proving functional recovery because it shows the brains ability to heal itself after trauma by moving certain functions from the damaged place to an undamaged place, and therefore healing us. However, an issue with case studies is that they only, typically, look at one person, so the sample size is limited. That one person usually is a unique case and it is, generally, impossible to generalise the findings of the case study to everyone. Though, the fact that it has been shown that functional recovery works in a number of different circumstances, and people, shows that it can happen to anyone, depending on the extent of the damage. So they are valid in that sense.

These are some of the research studies into plasticity and functional recovery. They are all valid and all show that the brain is capable of many great things, including the ability to change and adapt due to new learning and experiences, and the brains ability to recover by moving a function from a damaged part of the brain to an undamaged part of the brain.