

Eight Ways Music May Assist in Your Stroke Rehabilitation

1. Blood Pressure and Respiration



Listening to favourite music may **reduce respiratory rate** and **lower systolic blood pressure**.

2. Cognitive function



Music improves your ability to **plan** and **make decisions**. Listening to your favourite music **enhances** brain function such as **verbal memory** and focusing your **attention**. It also **decreases depression** and confusion.

3. Emotion



Listening to your favourite music has a **positive emotional effect**. It helps you **remember** information and **encourages you to move**.

4. Grey Matter Volume



Listening to your favourite music for half an hour a day, for six months after a stroke, **increases grey matter volume** (nerves on surface of the brain), and neural reorganization. This enhances your recovery of verbal memory, focused attention, and language skills.

5. Language



Patients with a stroke in Broca's area (left side of the brain toward the front) will likely lose their speech, but they

will be able to sing. **Singing helps you recover your speech**.

The rhythm and pitch components of music, especially, help promote your speech rehabilitation.

6. Movement



Moving to the beat of your favourite music, especially with musical instruments, will **assist in your movement rehabilitation**.

7. Plasticity



Singing and listening to your favourite music may help you **grow new auditory (hearing) and motor (movement) circuits** in your brain.

Listening to music is associated with neuronal recovery.

8. Sleep and Stress



Listening to soothing music is associated with **improved sleep** quality. Listening to music **lowers stress**.



- A. Use the internet (Spotify etc.) to source your rhythmic music and build a personalized play-list.
- B. Use an MP3 player and a set of headphones when listening to music.



- C. Listen to your favourite music for half an hour a day. 🕒
- D. **MOVE TO THE MUSIC:** Fingers, hands, arms, shoulders, feet, legs – especially the less mobile side, but please don't fall over. ▶️

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Music Moves Me Trust

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Website: <http://www.musicmovesmetrust.co.nz/>

OPR4 Ward, Waikato DHB.

Stroke Foundation: Hamilton.

<http://www.strokefoundationhamilton.co.nz/activities/choral-singing-therapy-group/>

See Calendar for dates for Choral Singing.

JANUARY	MAY	SEPTEMBER
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MARCH	JULY	NOVEMBER
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APRIL	AUGUST	DECEMBER
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Academic Reading (Abstracts only)

<https://www.ncbi.nlm.nih.gov/pubmed/18287>

122

<https://www.ncbi.nlm.nih.gov/pubmed/22524>

369

<https://www.ncbi.nlm.nih.gov/pubmed/19673>

815