

Music in Stroke recovery

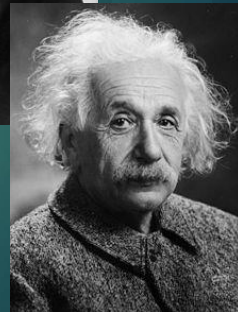
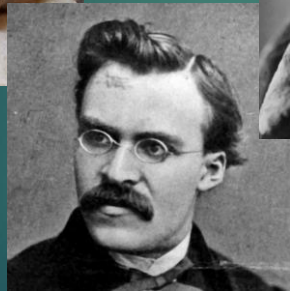
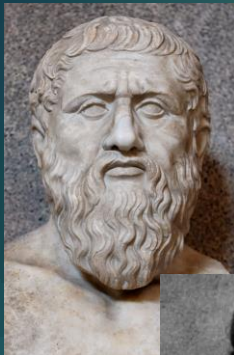


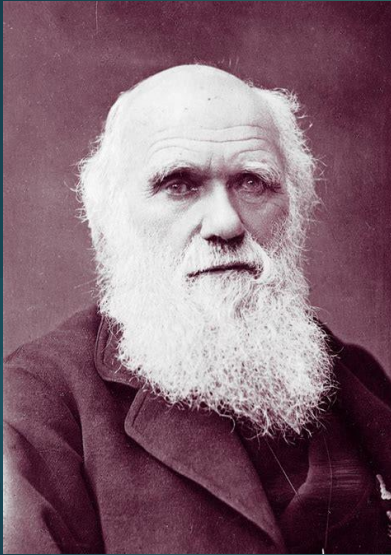
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Key Take home message:-

- Music on the mind
- Collaboration - Therapy Team and Air Arts
- We are NOT music therapists! Enhancing our own practice

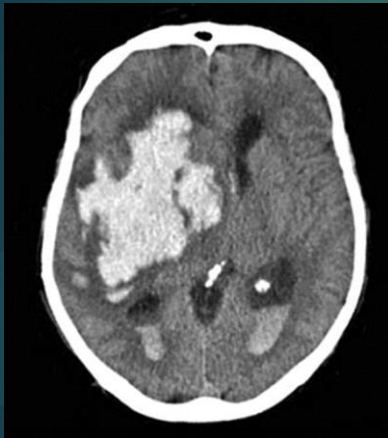




Music was used by our ancestors as a form of communication in times of courtship, rivalry and triumph.

Speech came secondary to this primary music

Neuroplasticity.....



1. Training staff
2. 1:1 patient sessions
3. Group work



Staff Training

- ▶ 6 week program – supported and arranged by Air Arts
- ▶ Key team members from OT, PT, SLT
- ▶ Learning techniques to use with our patients to enhance our own practice
- ▶ Ongoing regular training to all new staff



1:1 patient sessions

- ▶ Music playlists
- ▶ Therapeutic singing
- ▶ Use of rhythmic control to enhance movement patterns



Group work

- ▶ Breathing exercises
- ▶ Singing
- ▶ Music making and rhythm
- ▶ Listening and discussion



So has this worked??!...

- ▶ Service evaluation so far
- ▶ Take home messages:-
 - ▶ Collaboration
 - ▶ Power of music
 - ▶ Enhance our own practice

