

# Point Sheet on Introduction to Rhythm

## Rhythm: Our Natural Time Control

- Rhythm provides external stimulus to “turn on” motor initiation
- Rhythm stimulates pattern information to facilitate balance

## Therapeutic Rhythm Activities

- Therapeutic rhythmic activities are programs that are based around any activities that have a strong beat
- Therapeutic rhythm activities provide benefit to participants in the moment, such as social integration and motor coordination, and many of these in-group benefits carry-over to activities of daily living
- Therapeutic rhythm activities may be used by a variety of care professionals after learning a few important techniques

## Our Natural Time Control

- Rhythm provides an external stimulus to “turn on” motor initiation
- Rhythm stimulates pattern information to facilitate balance
- Slow rhythms can induce sleep and decrease chorea
- Tactile sensations from active music making may increase signal to motor areas
- Rhythm is inherent in many functions of the body including nerve pulses, heart-beat, and breathing
- Rhythm is inherent in many activities we engage in on a daily basis: walking, brushing hair, handshakes, and eating to name a few
- There is rhythm in schedules - how we conduct our days, our weeks, and how our residents receive care on a daily basis

## Therapeutic Rhythm Activities:

- Coordinate movement
- Stimulate attention
- Induce relaxation
- Entrain motor responses
- Improve mood
- Encourage social interaction
- Strengthen relationships between caregivers and residents

- **Promote communication**
- **Activate memory, enhance attention span**

### **Therapeutic Rhythm Activities: Psychosocial Benefits**

- **Self Awareness**
- **Awareness of others**
- **Connection to others**
- **Increased motivation**

### **Therapeutic Rhythm Activities: Emotional Benefits**

- **Provide an outlet for non-verbal expression**
- **Validate feelings in a socially acceptable manner**

### **Therapeutic Rhythm Activities: Cognitive Benefits**

- **Improve short term memory**
- **Improve spatial processing**
- **Improve attention span**
- **Increase concentration**
- **Improve processing of multi-step instructions**

### **Therapeutic Rhythm Activities: Muscle/Motor Benefits**

- **Increase range of motion**
- **Increase muscle strength**
- **Increase engagement**
- **Improve coordination**
- **Improve balance**

### **In General Therapeutic Rhythm Activities Promote:**

- **Self expression**
- **Spontaneous activity**
- **Planning and problem solving**
- **Community building**
- **Enjoyment**