

# THE IMPACT OF A MUSIC THERAPY GROUP ON MOBILITY AND NON-MOBILITY OUTCOMES IN PERSONS WITH NEUROLOGIC DISORDERS IN A RURAL LOCATION

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## Background

This study occurred in an area where there is a dearth of treatment for persons with neurological disorders, particularly for those with Parkinson's Disease. By partnering with a community facility, the researchers hoped the program would be accessible and sustainable. Winter weather and other health conditions impacted the participation and test completion rates.

## Objective

The investigators sought to determine if an eight-week neurological music therapy group program could positively impact mobility, cognition, vocal production, and quality of life in participants with neurological conditions. A music therapist and physical therapist were the investigators and administered the assessments before and after the rural community music therapy program.

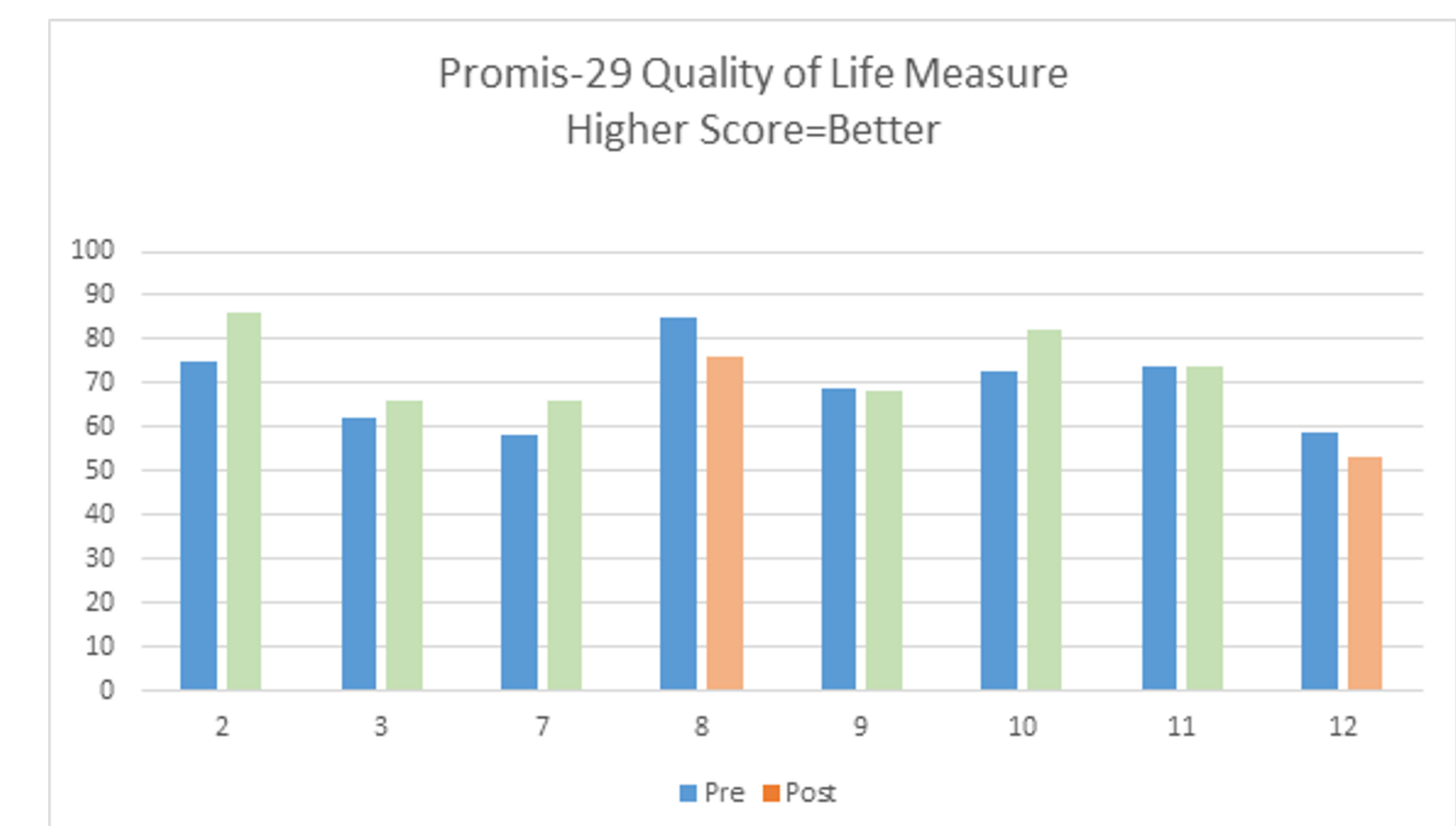
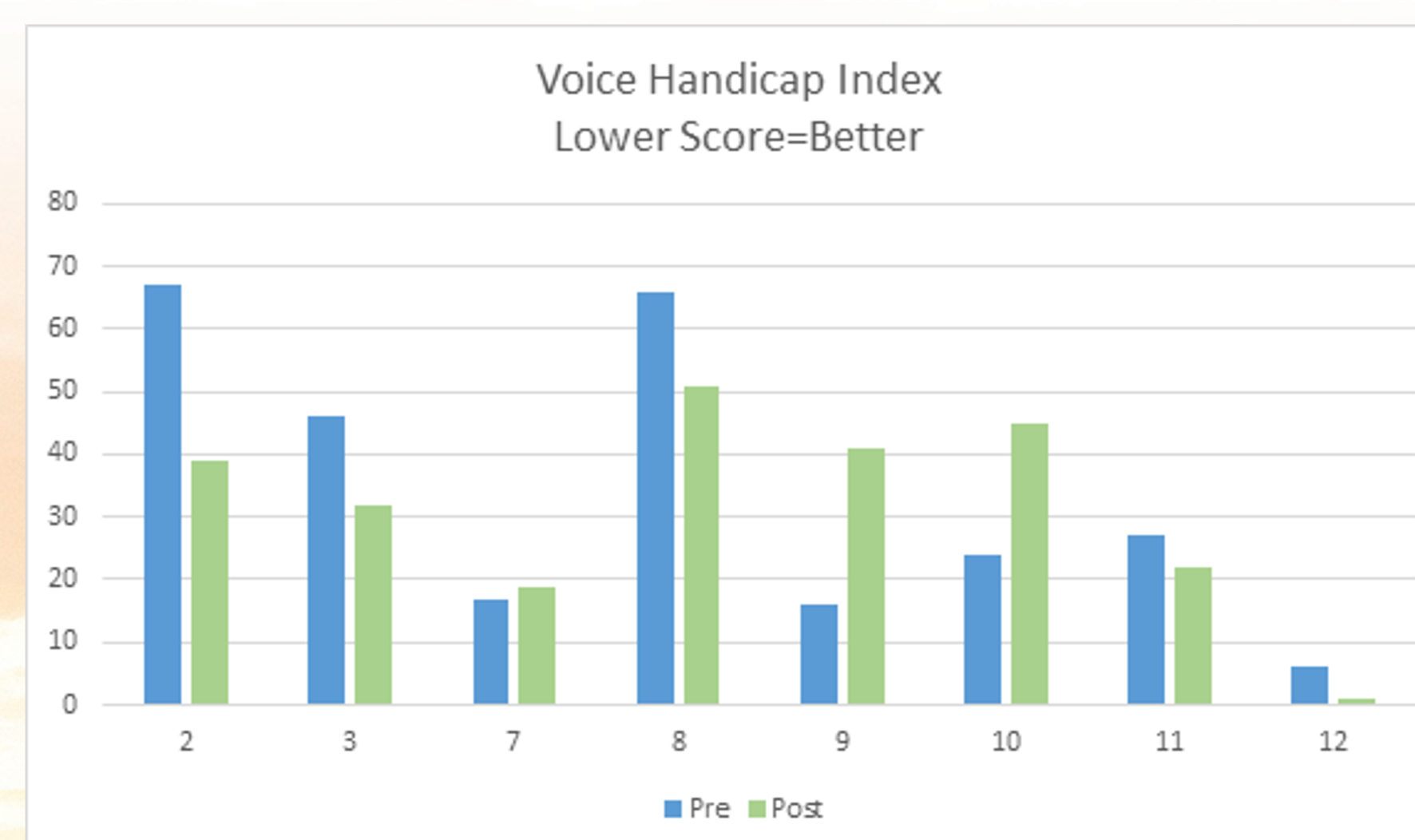
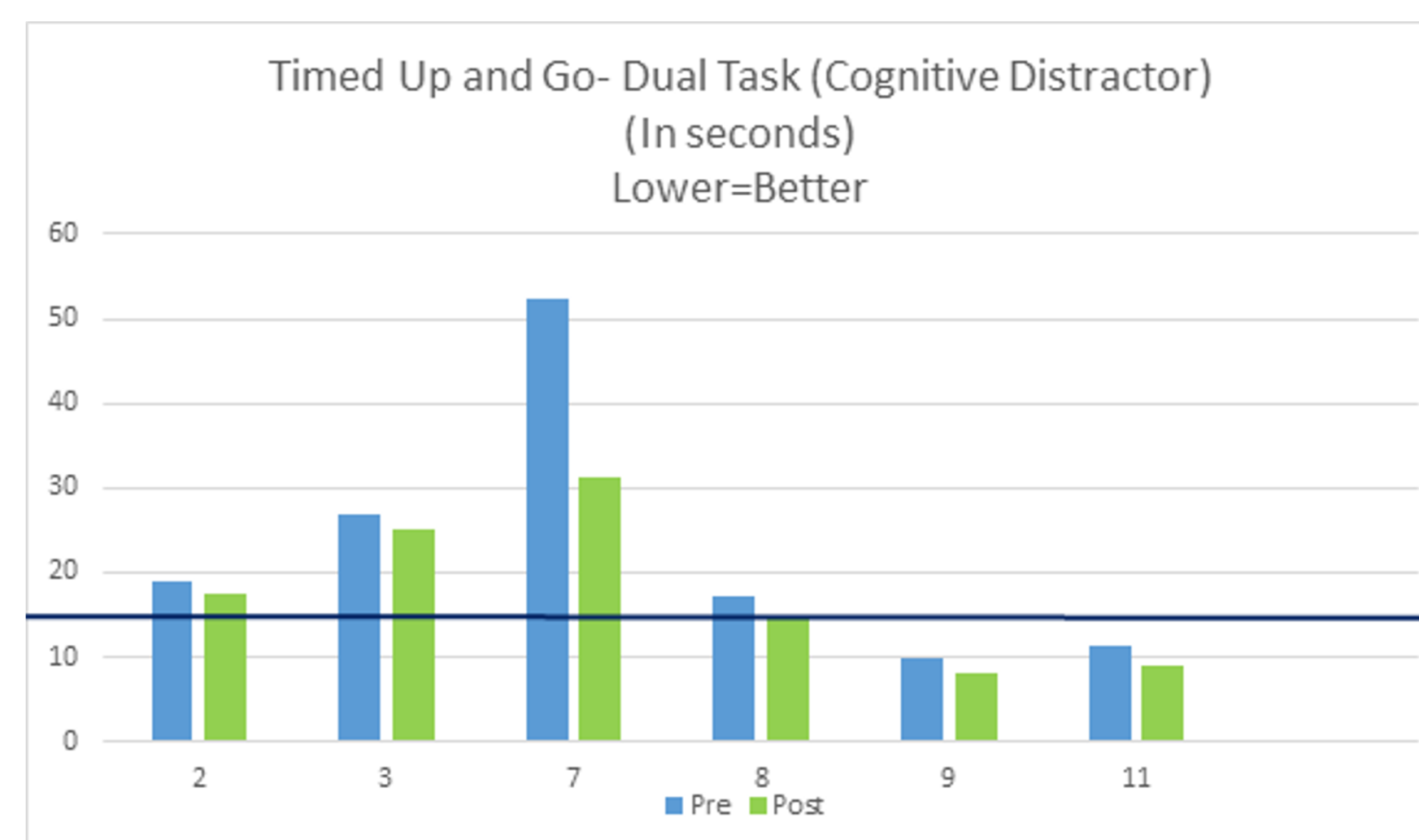
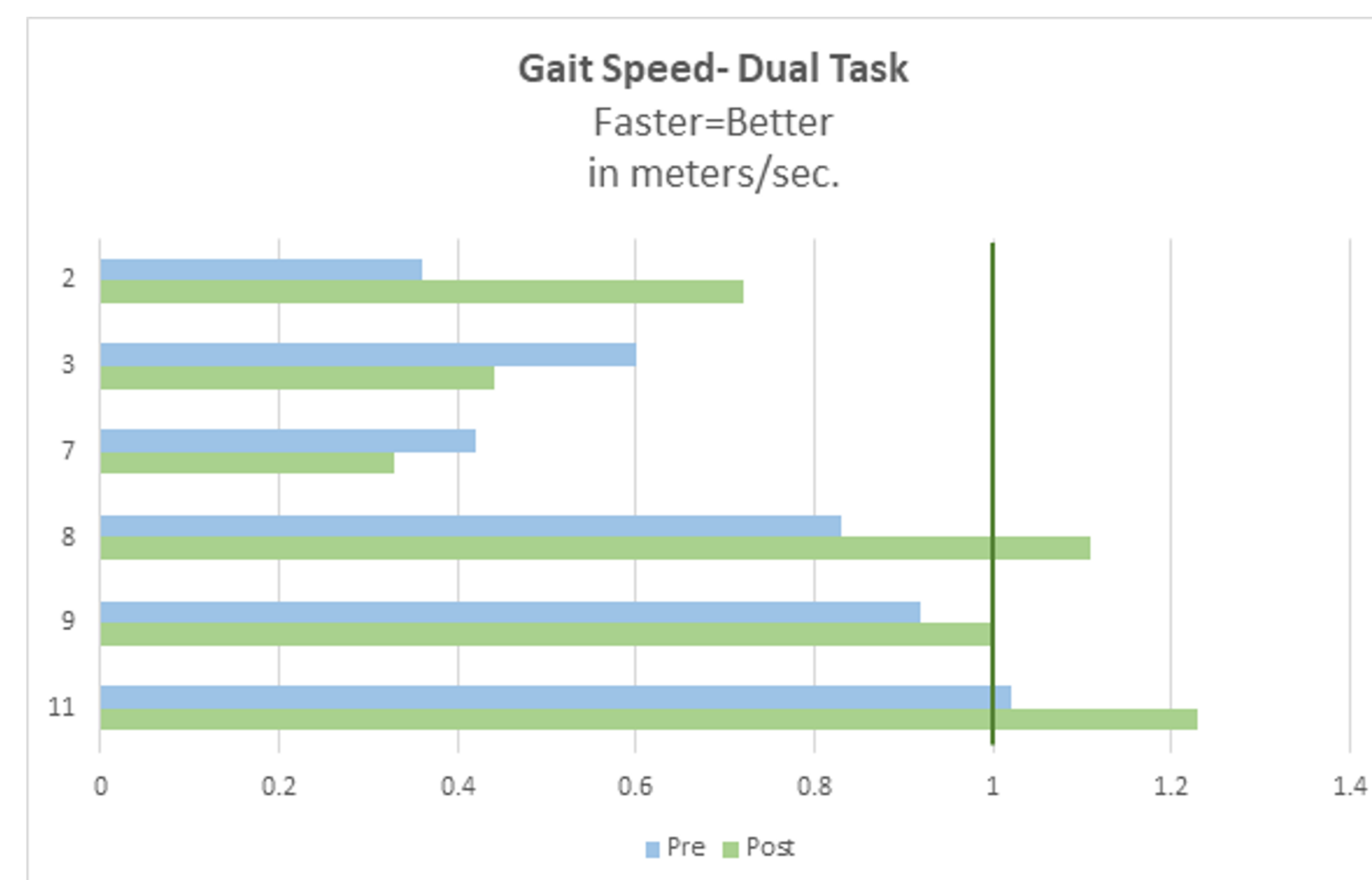
## Method

A pre-test, post-test single subjects design was used for 11 individuals participating in 45-minute group sessions for 8 weeks. The following outcome measures were employed: The Promis-29 Questionnaire, Freezing of Gait Questionnaire, Voice Handicap Index, 10-meter walk test, 10-meter walk test with Dual Task, Five times sit to stand, Timed up and Go (TUG), and TUG (Cognitive).

## Acknowledgement:

Thank you to music therapist Emily Wangen and UND physical therapy students.

## Results



Six individuals were able to complete all functional testing measures. Results were mixed with the majority demonstrating improvement.

## Clinical Significance

Results indicated a trend toward improved attention and prioritization of gait. External focus of attention and rhythmical cueing appears to facilitate movement efficiency and promote automaticity. People with neurologic disorders need and benefit from community-based group programs for long-term involvement.

