

RONNIE GARDINER RHYTHM & MUSIC METHOD in patients with Parkinson's disease - a pilot study

Petra Pohl^{1, 2}, Nil Dizdar^{1, 3}, Eva Hallert⁴

¹Department of Neurology, University Hospital, Linköping, Sweden

²Department of Community Medicine and Rehabilitation, Umeå University, Sweden

³Department of Clinical and Experimental Medicine, Linköping University, Sweden

⁴Department of Medical and Health Sciences, Linköping University, Sweden

AIMS

To evaluate the effect of Ronnie Gardiner Rhythm & Music (RGRM) Method in patients with Parkinson's disease regarding motor function, cognition, and quality of life.

CONCLUSION

The RGRM Method may improve motor function, some cognitive functions, and quality of life in patients with Parkinson's disease. RGRM may be a useful tool as complement to physical and occupational therapy in rehabilitation.



BICK This red symbol tells you to stomp your left foot, pat your left thigh, and say "BICK".



RONNIE GARDINER



TOOM This blue symbol tells you to stomp your right foot, pat your right thigh, and say "TOOM".

METHODS

Participants

18 patients with Parkinson's disease, age 59-76, were included and randomized into intervention group (n=12), or control group (n=6).

Measurements

Ten selected tests addressing motor function, cognition, and quality of life in patients with Parkinson's disease.

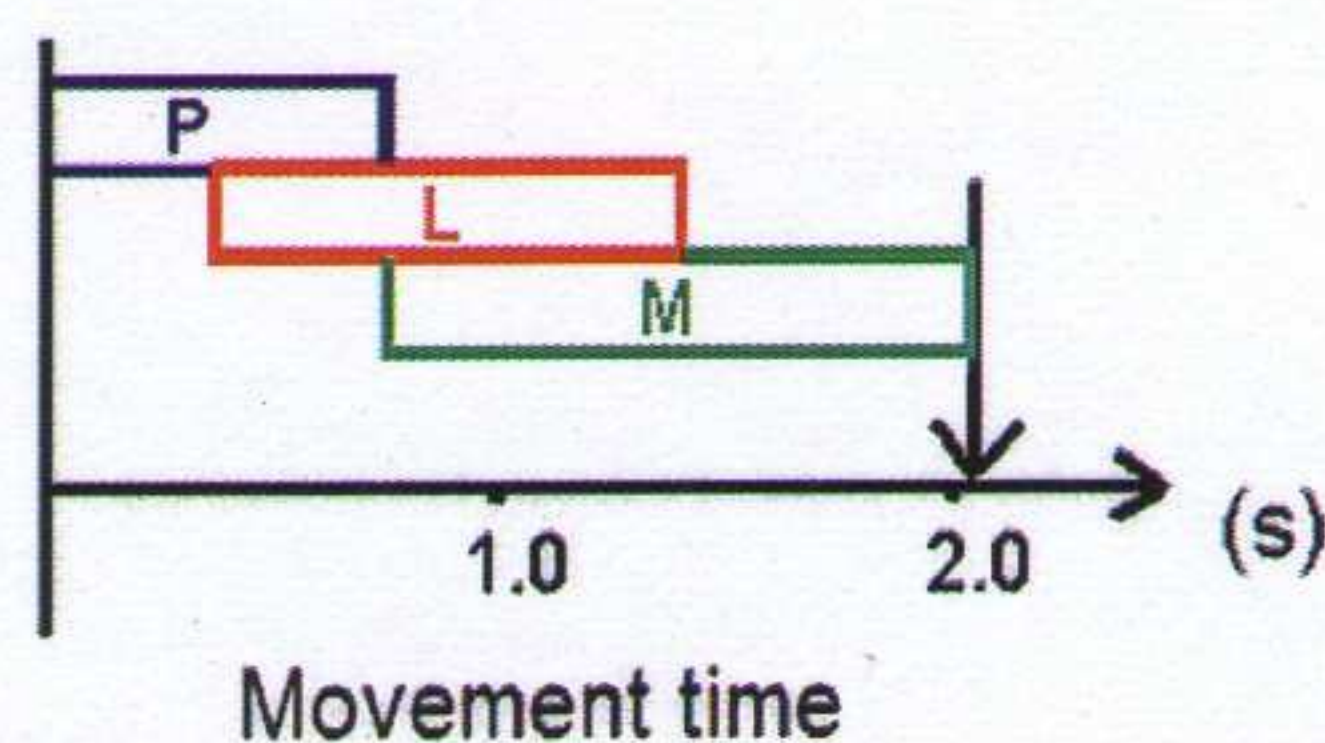
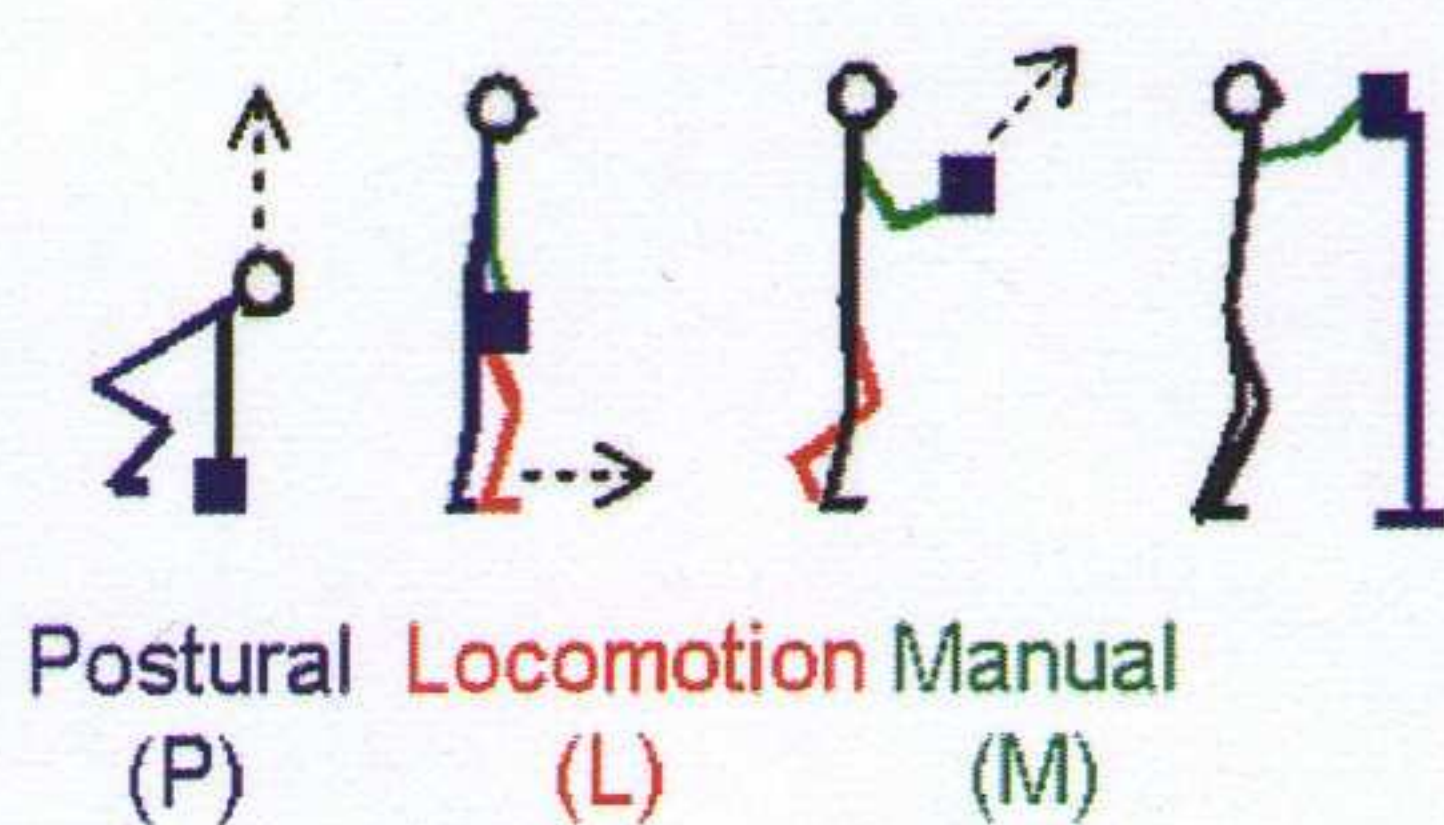
Intervention

Intervention group attended RGRM for 6 weeks, twice weekly for 60 minutes.

RGRM Method

RGRM was developed 1993 by the Swedish jazz musician Ronnie Gardiner. RGRM challenges cognitive functions and sensorimotor control by using our natural ability for rhythm and music.

Physical abilities, postural stability, multi-tasking, as well as kinesthetic awareness, are practiced through rhythmic, reciprocal movements. The method uses 18 unique symbols shaped as hands and feet.



RESULTS

16 patients completed the study. The intervention group, but not the control group, improved significantly on motor function (Unified Parkinson Disease Rating scale motor part, and Posturo-Lo-motion-Manual method), three of the cognitive tests (verbal memory, language, and executive functions), and quality of life between baseline and follow-up.

However, there were no significant differences between the intervention and control group on any of the measurements.

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Närsjukvården
i centrala Östergötland

Contact details:
Petra.Pohl@physiother.umu.se

