

# Physical & Motor



Music organizes,  
coordinates and  
improves movement



**NeuroRhythm**<sup>®</sup>  
MUSIC THERAPY SERVICES

*Exceptional music therapy services for children and adults  
with developmental and neurological challenges*



Science



Creativity



Compassion

(719) 213-4330

[www.NeuroRhythm.com/Motor](http://www.NeuroRhythm.com/Motor)

# Music Therapy

NeuroRhythm specializes in **developmental and neurological** challenges including **autism spectrum disorder** and other **cognitive, speech/language and motor delays**. We are a research-based behavioral music therapy practice, and the **only** company that integrates the scientific fields of **Neurologic Music Therapy (NMT)** with **Applied Behavior Analysis (ABA)**.

Music therapy is an established allied healthcare profession in which music is used within a therapeutic relationship by a **Board Certified Music Therapist (MT-BC)** to address the **physical, cognitive, communication, social and emotional** needs of individuals of all ages.

Neurologic Music Therapy (NMT) is the therapeutic use of music to address the **cognitive, speech/language, and sensorimotor** function of individuals with neurological diseases or disorders. Treatment techniques are based on a neuroscience model and the influence of music on functional changes in the **brain and behavior**.



## Music Therapy for Physical and Motor Needs

Research supports parallels between **rhythm and movement**. Rhythm can be used as an external timekeeper to **organize, coordinate and improve movement**.

Music provides a **structured timeframe** in which the elements of music such as meter, rhythm, melody, harmony and dynamics can facilitate **higher quality functional movement** patterns and sequences.

### Music Therapy Improves

- fine motor
- gross motor
- motor planning
- motor coordination
- range of motion
- gait training
- body awareness
- strength and endurance
- pain management and relief