

RHYTHMIC AUDITORY STIMULATION IN HEALTH CARE

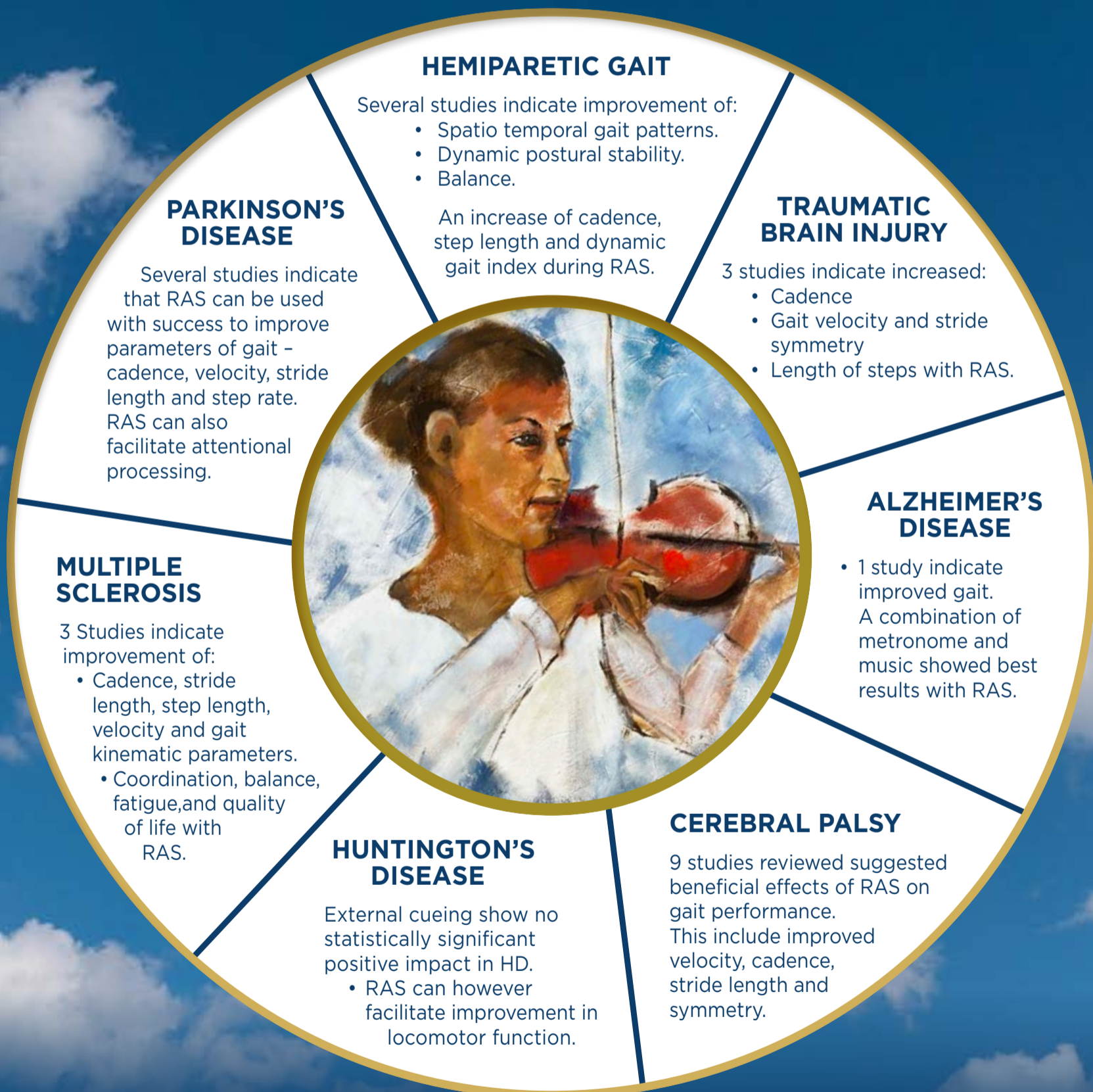
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INTRODUCTION

One of the primary goals of rehabilitation is to restore mobility through gait training. Recent advances in technology and medical research have revealed the role of rhythmic auditory stimulation (RAS) as an internalized time keeper for rhythmic patterned movements. The purpose of this review was to explore the use of RAS in hemiparetic gait, parkinson's disease, traumatic brain injuries, cerebral palsy, Huntington's disease, Alzheimer's disease and multiple sclerosis, and the

benefit of RAS in Health Care. It is now well established that the auditory system has richly distributed fibre connections to motor centres from the spinal cord upward on brain stem subcortical and cortical levels. ¹

Auditory cueing has been suggested to modulate neuro magnetic oscillations, enhance biological motion, perception, promote motor imagery, mediate cortical reorganization and neural plasticity. ²



CONCLUSION

Multiple systematic reviews confirm that intensive and repetitive application of RAS leads to functional changes. ³ RAS has no side-effects, it is cost-effective, can be used in conjunction with other modalities, and is a motivational method of gait rehabilitation. ⁴

