

# Therapeutic Music and Sound Interventions for those with TBI

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## **VA Research**

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## **Binaural Beats for Helping TBI Symptoms**

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## **Training**

Neurologic Music Therapy - <https://nmtacademy.co/training/>

Sound Therapy - [www.academyofsoundtherapy.com](http://www.academyofsoundtherapy.com)

## **Vibro Acoustic Equipment**

Somatron - [www.biof.com/somatron/products.asp](http://www.biof.com/somatron/products.asp)

Inner Solutions - [vibroacoustic.org](http://vibroacoustic.org)

## **Equipment**

Push button bells: [www.musiciselementary.com/product/push-button-bells-13-note-chromatic/](http://www.musiciselementary.com/product/push-button-bells-13-note-chromatic/)

Remo 16" Pretuned Hand Drum: \$35 from Amazon

**BRAIN INJURY Audio Choices** \* \*titles can be found at: [www.musicalmedicine.net](http://www.musicalmedicine.net)

### **Binaurals**

*Calm Bodies*

*Concentration*

*Concussion*

*Deep Relaxation*

*ICU Aid*

*Immunizer*

*Restful Sleep*

*So Chord*

*Spinal Ease*

*StressLess*

Patient Choice - attitude, autobiographic memory, gait (appropriate tempo), repetitive motions

Metronome - gait

Apraxia - metronome, music with steady rhythm and tempo

Aphasia - singing familiar songs

Agitation - binaural music (*Calm Bodies, ICU Aid, Immunizer, So Chord, StressLess*), drumming

Attention - *Concentration, StressLess, So Chord*, singing

Cognition - *Concentration*, familiar melodies

Memory - patient choice, singing, metronome,

Sleep - *Restful Sleep, Dreamland*

Well Being - patient preference

40Hz\*

[www.Musicure.com](http://www.Musicure.com)      [musicure.dk/en/musicure-research](http://musicure.dk/en/musicure-research)

## Neurologic Music Therapy

Therapeutic application of music to affect dysfunctions due to neurologic disease of the human nervous system.

There are currently 20 techniques targeting:

- ~sensorimotor
- ~language/speech
- ~cognitive/affective (most recent)

The Academy of Neurologic Music Therapy  
[nmtacademy.co](http://nmtacademy.co)



## Neurologic Music Therapy for Sensorimotor Function



1. RAS - Rhythmic Auditory Stimulus - gait
2. PSE - Patterned Sensory Enhancement-
3. TIMP - Therapeutic Instrumental Music Performance
  - to exercise and stimulate functional movement patterns
  - range of motion
  - endurance,
  - strength,
  - functional hand movements
  - finger dexterity
  - limb coordination

