

The Therapeutic Uses of Music in Daily Functioning

Basic Ideas

Music = sound on time

Music Activities - include listening, performing, composing

Everyday uses of music- typically as leisure activity or vocational task

Justification for use of music as a modality in OT

1. Universal Appeal

- Most individuals enjoy some type of music
- Some type of music is often particularly meaningful
- Often is a welcome addition to traditional treatment plan

2. Versatility

- Music activities incorporate a wide range of possibilities
- Applicable to the majority of performance skills/components of function
- Adaptable to meet multiple needs of a client simultaneously

Applying music to occupation

1. **Analyze** the occupation to be improved
 - a. Determine the person performing the activity and the environment performed in
 - b. List the physical/mental steps to perform the activity
 - c. For each step, determine performance skills/client factors involved in each step
2. **Assess** which steps are difficult and what might be limiting the performance of the activity
3. **Intervene** with music to address the limitations and improve the activity
 1. Determine the current use of music in the individual's life
 2. Determine preferred and meaningful styles or pieces of music

Principles of Music and Occupation

Music can be used therapeutically to address nearly all performance skills or client factors to enhance function

Basic Principle- Music can enhance quality of life by maximizing performance of meaningful daily activities limited by physical, psychosocial, and/or social factors

Some recommended principles to use music to address components of occupations;

1. Music can decrease pain through sensory, attentional, and emotional/affective

systems

2. Music can enhance initiation of movement through innate responses to the rhythmic elements of music
3. Music can assist in pacing and sustaining repetitive movement through synchronous movement to rhythmic music
4. Music can enhance quality of movement by facilitating natural, expressive movement
5. Music can assist in the regulation and processing of emotional responses and mood
6. Music can increase low arousal through movement responses and/or emotional responses
7. Music can decrease high arousal through relaxation techniques, guided imagery, or by providing an outlet for self-expression
8. Music can enhance attention, memory, and learning by providing optimal arousal and emotional responses
9. Music can enhance attention by reducing auditory distractions
10. Musical melodies can enhance memory and learning in that they are remembered better than rote or written speech
11. Music can increase attention, memory, and learning by serving as a pacing mechanism to initiate, sustain, or terminate activity
12. Music can offer unique opportunities for self-expression and interpersonal communication
13. Music can foster interaction and socialization between individuals through shared experiences
14. Music can reinforce cultural, community, or social roles
15. Music can acquire and cultivate deep meaningfulness which motivates participation in activities including music

Strategies for remediation of everyday activities using music

1. Music-assisted Occupation:

a. Use of music **during** the performance of occupation to address limitations through functional performance training

2. Music as Occupation:

a. Teaching of a music activity that enhances quality of life by acting as a new occupation

3. Music in preparation for Occupation:

a. Use of music before an occupation to prepare an individual emotionally or induce the appropriate arousal level

b. Use of music after a difficult occupation to process emotional and/or arousal changes and prepare for the next occupation