

25<sup>th</sup> World Congress on

# Neurology & Neuroscience

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## Ronnie Gardiner Method – a novel therapy based on multimodal stimulation with rhythm and music

**Ronnie Gardiner**

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This workshop will demonstrate the novel innovative rhythm and music-based rehabilitation method Ronnie Gardiner Method (RGM), which is based on principles of neuroplasticity, motor learning and postural control. The main purpose is to stimulate cognitive function (e.g., memory, concentration, executive function, endurance, and multitasking), as well as motor function (e.g., coordination, mobility, balance, and motor skills). It may also aid social skills, self-esteem, and body awareness. RGM uses multisensory input (visual, audio, kinetic, and tactile) in order to activate a multitude of brain structures, in conjunction with energy from rhythm and music. RGM has successfully been used in groups with Parkinson's disease, stroke, dementia, and depression, among others. The method provides great variability with different music, speed, and movements. The participants of this workshop are introduced to a range of practical exercises to demonstrate how flexible and demanding RGM can be, and how it can be progressed. To the sound of rhythmical music, the presenter (i.e., the creator of the method) points at symbols in shape of red or blue hands and feet. These symbols are unique for the method. At each symbol, a certain movement and sound enunciation is used. The participants of the workshop are expected to join the exercises, which will increase the understanding about the complexity of the method.

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