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Ronnie Gardiner Method: a novel therapy based on rhythm and music – theoretical background and contemporary research

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The Ronnie Gardiner Method (RGM) is an innovative rhythm and music-based rehabilitation intervention using sensorimotor and cognitive integration. RGM, initially created by the musician Ronnie Gardiner, was originally developed in Sweden in response to a tragic event in Mr. Gardiner's life. Since 2010, RGM has been successfully implemented within neurorehabilitation across Europe, as well as in several non-European countries. RGM is based on principles of neuroplasticity, motor learning and postural control, and uses multisensory input (visual, audio, kinetic, and tactile) in order to stimulate experience-dependent neuroplastic processes with the aid of the energy from beast-based music. RGM aims at stimulating cognitive and motor function (e.g, memory, concentration, executive function, multitasking, coordination, mobility, balance, and motor skills). In addition, it may aid body awareness, self-esteem, and social skills. RGM has been scientifically evaluated as an example of multimodal sensory stimulation in stroke rehabilitation in a late phase of recovery, and as a means of improving dual-task performance in Parkinson's disease. RGM is also used in patients with dementia, and depression, as well as in healthy aging, ADHD, autism, dyslexia, and in ordinary school environment. RGM is a practitioner lead intervention that can be performed either standing up or sitting down and can be practiced with the advantages gained as a group activity or individually, which makes it very flexible. This presentation provides the theoretical background, as well as a description of potential rehabilitation areas, and is accompanied by a workshop lead by the creator Mr. Ronnie Gardiner himself.

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