

3 Benefits of Music for Stroke Recovery

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Music and stroke recovery are a perfect match. Why? Because music help relax your mind, boost motivation, and maximize stroke recovery. Here are 3 great reasons to add music to your rehabilitation regimen:

3. Boosts Mood and Motivation

When you feel down, do you naturally gravitate towards positive, uplifting music? If so, you're not the only one. Positive, uplifting music is one of the quickest and cheapest forms of therapy available. One that we're all inclined to love.

Perhaps it's the feeling of nostalgia or the tempo. Either way, music is known as a reliable source for good emotions. And when you feel good, you're far more inclined to pursue rehabilitation. And this boost in motivation can help speed your recovery along.

2. Promotes Relaxation and Stress Relief

Music can help increase your sense of enjoyment and relaxation. If you're feeling stressed or anxious, listening to calming music can help. This is particularly useful for stroke rehabilitation. When it's difficult to move your limbs the way you once did, it can lead to frustration and even anger.

By incorporating calming music into your rehabilitation process, you can help steady your emotions. This helps prevent emotional roadblocks while facilitating healing.

1. Enhances Motor Recovery After Stroke

When stroke survivors participate in musical rehabilitation programs – like playing the piano – it helps improve motor function due to changes in the sensorimotor cortex.

Musical activities require patients to coordinate their movement in terms of temporal and spatial organization, which stimulates greater change in the brain than rehabilitation alone. In other words, *listening* to music while you rehab is great because you're stimulating your brain; but *playing* music during rehab is great because you're engaging your brain in many different ways, which helps initiate greater healing.

How MusicGlove Can Help You

The healing powers of music are one of the many reasons why we created [MusicGlove hand therapy](#).

MusicGlove requires stroke patients to make specific gripping movements in sync with music. As you now know, this engages the brain in more complex ways than rehab alone.

That's why MusicGlove is proven to improve hand function in 2 weeks! Well, that, and the high number of repetitions required, which is the **#1 way to initiate rapid healing** in the brain.