

Application and Prospect of Music Therapy in Rehabilitation of Cerebral Palsy

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Besides gestational age at birth, body constitution, starting age of rehabilitation and nutrition condition, degree of cooperation is also important in the efficacy of rehabilitation in children, which was concluded through years of clinic practices [1].

From 2006, music therapy was applied in the rehabilitation of children with cerebral palsy, using RBT music therapy, creative music therapy, Orff music therapy, impromptu music activity, individualized music therapy, etc. Observation showed that many children who didn't cooperate with rehabilitation showed great interest in music therapy and accomplished with joy and fun. More stable mood, greater body coordination and better cooperation in other rehabilitation appeared in children with cerebral palsy after given music therapy [2]. Randomized controlled study showed that muscular tone reduced in the most cases of children with spastic cerebral palsy after given music therapy of TCM five elements music combined with somatosensory music [3]. For further study, music therapy was applied in more kinds of rehabilitation, which showed varying degrees of improvements in body coordination, cognition and social ability [4]. Combination of music therapy and TCM therapies such as massage and moxibustion also made a positive impact [5,6]. Moreover, study in music therapy on children with cerebral palsy and mental retardation showed that music therapy also improved cognition and social ability [7].

According to the studies mentioned above, music therapy is considered as an effective, safe, comfortable and handy treatment,

which has a bright future in rehabilitation in children with cerebral palsy. Associated with various rehabilitation therapies, it contributes to improvements in mood, social ability, cognition, body coordination and so forth by offering a comfortable relaxing environment, which helps children to cooperate better. Therefore, music therapy deserves further application, promotion, study and development.

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