

Music therapy and multiple sclerosis

Multiple sclerosis (MS) causes damage that can interfere with communication between the mind and body, which may lead to physical and mental symptoms. A growing body of evidence suggests that **music therapy may be beneficial in terms of the impact it has on both mental and physical function in central nervous system diseases, including MS.**

MS affects nearly **1 million people** in the United States.



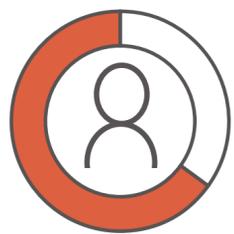
MS may affect the body

MS physical symptoms can include:

-  Difficulty walking
-  Balance challenges
-  Dizziness and vertigo
-  Fatigue and sluggishness
-  Vision problems
-  Face, limb and foot numbness
-  Stiffness and muscle spasms

MS may affect the mind

MS mental symptoms can include:



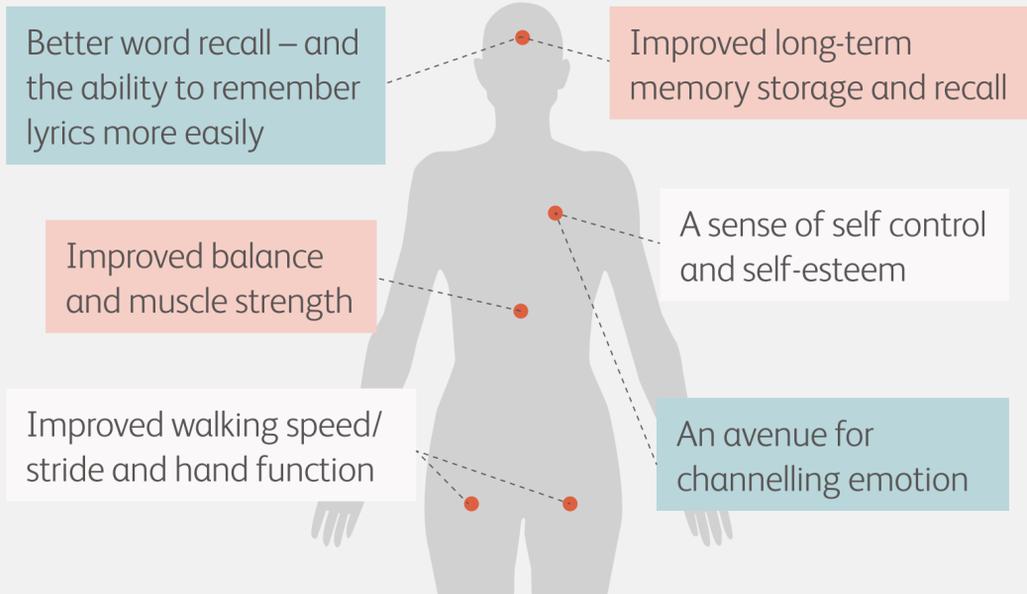
Mental dysfunction is reported in **34-65%** of people with MS



- **Difficulty processing information**
- **Memory loss or worsening memory**
- **Trouble concentrating and with divided attention**
- **Problems with planning and prioritizing**
- **Difficulty finding the right word**

Music therapy may help

Music therapy may promote physical and mental functional changes in people with neurologic conditions, including MS, such as:



Make sure to ask your MS Healthcare Team about music therapy. They can help determine whether it would be a good addition to your treatment plan.

Music has been shown to affect:

The amygdala: the part of the brain that regulates emotion and behavior

The hippocampus: the part of the brain that controls memory and learning

Types of music therapy

 **Rhythm-based music therapy:** shown to improve walking speed/stride and functional use of hands

 **Movement-based music therapy:** shown to improve balance and muscle strength



Learn More

Visit MSinHarmony.com to learn more and experience the potential power of music therapy for yourself.

