
Music for various circumstances

Music therapy as a form of [pain management](#), has been explored over the last 20 years, with results showing that music has analgesic effects for chronic pain sufferers. Evidence has shown that regular music listening can even reduce the need for opioid medications. The pain relief can occur through factors such as the release of endorphins, changes to catecholamine (hormone released in response to emotional or physical stress) levels or distracting the person from their pain.

For sufferers of Parkinson's disease, [music therapy can aid in improving movement symptoms, mental health and speech and cognitive issues](#). Many studies have reported musical rhythm can improve gait, limb coordination, postural control and balance. This occurs because musical rhythm influences the kinetic system, which allows movement synchronisation, regularisation and coordination. It has even been found that this may even produce a sense of internal rhythm which persists even when the stimuli is absent allowing for improved movement symptoms.

Whether you know it or not [you are probably using music to regulate mood](#) or using it to aid in focus when studying or at work. Music has a number of benefits, both in a physical and cognitive sense. Music therapy has been found to be useful in a range of settings, improving mental health and well-being, speech, communication and social skills, body movement, coordination and physical function, pain management and memory, attention, and cognitive function.

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