

Music therapy- rehabilitation of patients and stroke

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For centuries scientists are trying to break into the mysteries of the human mind. Through the history neuroscience is trying to discover all the functions of the brain which man is even not aware that exist.

Music therapy as a medical term is a process in which the therapist uses sounds and music to develop the interconnection between himself and the patient. Using it he improves and strengthens physical, mental, social and emotional health. In the early 90's of the 20th century a large-scale interest for music therapy starts to show. The great benefit of music at cognitive and physical functions was found and named the Mozart effect. Listening to Mozart's music helps arrange patterns of neurons in the cerebral cortex, and especially reinforcing the creative process of the right hemisphere of the brain that is associated with spatio-temporal reasoning. The aim of this study is the influence of music on the brain functions and consists a summary of the plenty researches that connect music therapy with better rehabilitation of patients before and after surgical procedures and neurological conditions, such as stroke. Since music activates brain motor centers in patients during rehabilitation after stroke, listening to music while imagining kicks in the rhythm consequently comes to the activation of appropriate motor centers and faster recovery functions of the affected limbs.

Music therapy is a relatively new branch, so further researches in this area will provide possibilities and solutions for better use of music in medicine and everyday life. The roots of all hides in the fact that the music is the one that connects us to that deep in us; with our emotional, spiritual and most private "I". Therefore, it is only important to know and learn to listen.

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