

Summary of Music Therapy Modalities

Music Therapy Modalities	Transfer Method	Physiologic Effects	Indications	Contraindications
Vibroacoustic Therapy (VAT)	Sound waves via low frequency sinusoidal waves (vibration)	-Relaxation Response (primary) -Neuroplasticity -Associative network of mood and memory	-Anxiety/stress -Muscular tension -Fatigue -Pain management -Fibromyalgia -Tinnitus -Parkinson's disease	-Pacemakers -Seizures -Spasticity (cerebral palsy) -Hypotension -DVT -Bleeding disorder -Recent surgery/psychosis
Neurologic Music Therapy (NMT)	Sound waves (with a stimulus specialist)	-Improves speech, gait, cognition, and function -Neuroplasticity -Stimulate dopaminergic and pain pathways -Associative network of mood and memory	-Neurorehabilitation, generalized	-Psychiatric conditions -Depression -Gastrointestinal problems -Sensitivity to loud/evocative music -Personal music preference
Music Supported Therapy (MST)	Sound Waves, mechanical (musical training)	-Improves motor function. May also regain cognitive, speech functions. -Neuroplasticity	-Neurorehabilitation for stroke patients with motor deficits	-Same as NMT -Poor motivation
Melodic Intonation Therapy	Sound Waves (singing, intonation, tapping, rehearsal, auditory-motor feedback)	-Improves aphasia fluency -Neuroplasticity	-Severe, Non-fluent aphasia -Severe Broca's aphasia -Left sided brain stroke -Good auditory comprehension -Apraxia	-Same as NMT -Right sided brain strokes -Wernicke's aphasia -Poor auditory comprehension -Hearing impairments
Music Glove	Sound Waves (music), light (virtual reality; games), mechanical (glove)	-Improves hand function -Eco-Mirror Neurons -Enhance Blood Flow	-Hand therapy for stroke patients	-Same as NMT -Sensitivity to light -Visual disturbances -Seizures/epilepsy
Group Music Therapy	Sound Waves	-Improves social interactions, group cohesiveness, motivation, awareness, mood, and expression -Synesthesia	-Neurodevelopmental disorders -Mental health needs -Neurological diseases and conditions -Brain Injuries -Substance abusers	-Mainly personal preference
Rhythm- and music-based intervention	Sound Waves, mechanical (dancing)	-Improves gait and movement disorders -Stimulating dopaminergic pathways	-Movement disorders -Parkinson's disease -Gait problems	-Same as NMT
Musical Sonification	Sound Waves, mechanical (moving hemiparetic arm in sync with music; real time training arm in certain space), electromagnetic (computer)	-Improves gross-motor impairments, cognition -Neuroplasticity -Eco-mirror neurons	-Stroke rehabilitation for motor recovery	-Same as NMT