



# Ronnie Gardiner Method

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# Ronnie Gardiner

- Ronnie Gardiner has been active as a **jazz musician** in **Sweden** for over 50 years.
- 1980, after experiencing a **personal tragedy** that transformed Ronnie's life, developed the Ronnie Gardiner Method.
- He is a recipient of the **Swedish Mensa Award** in 2015 and in 1998 he established a **scholarship** in recognition of young jazz talent in Sweden.
- **method of symbols, rhythm, and movement** with the intention of **stimulating the brain** as much as possible. This became the "**Ronnie Gardiner Method (RGM)**"

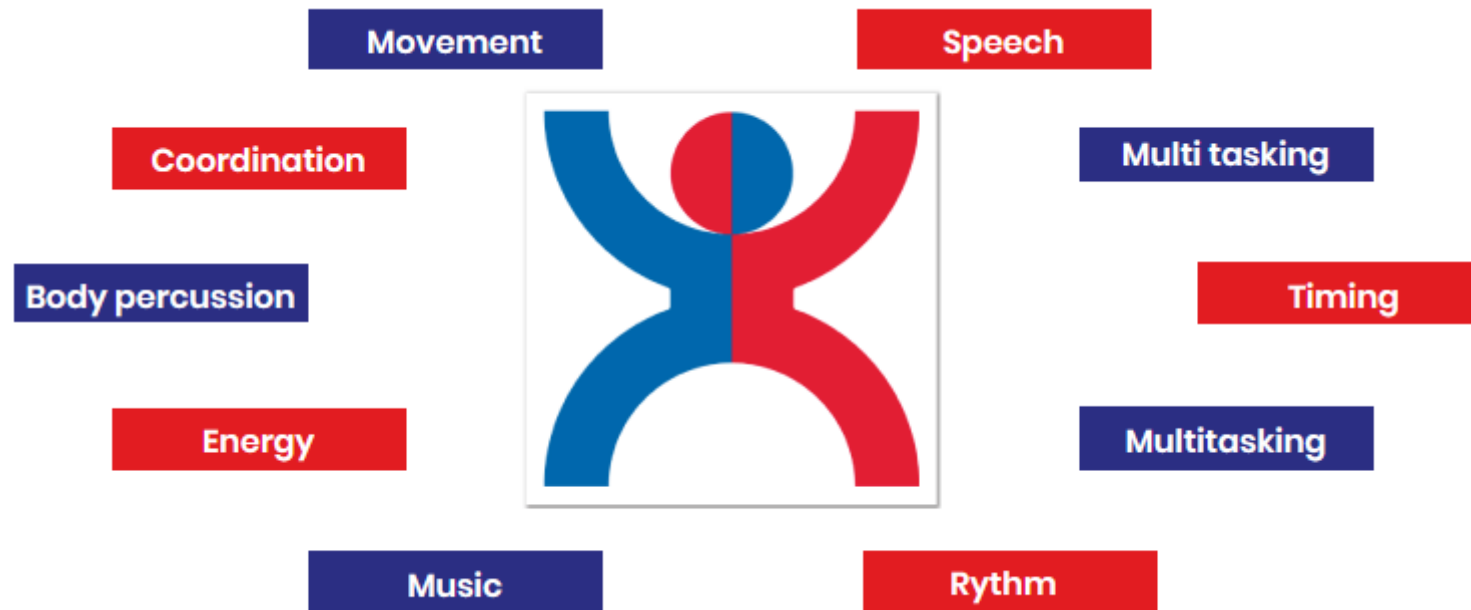


# The Ronnie Gardiner Method RGM

Healthcare and rehabilitation for those with Traumatic brain injury, stroke or cancer recovery and those with Parkinson's.

or

A fun, structured, multi-sensory brain exercise method that uses rhythm and music to stimulate movement, bilateral integration, speech and cognition.



# RGM uses the Magic of music

## To

- Create a relaxed atmosphere.
- Release tension
- Increase energy
- Change state of mind
- Inspire creativity
- Strengthen well-being
- Stimulate body movement
- Focus thoughts
- Stir emotions (happiness/sadness)



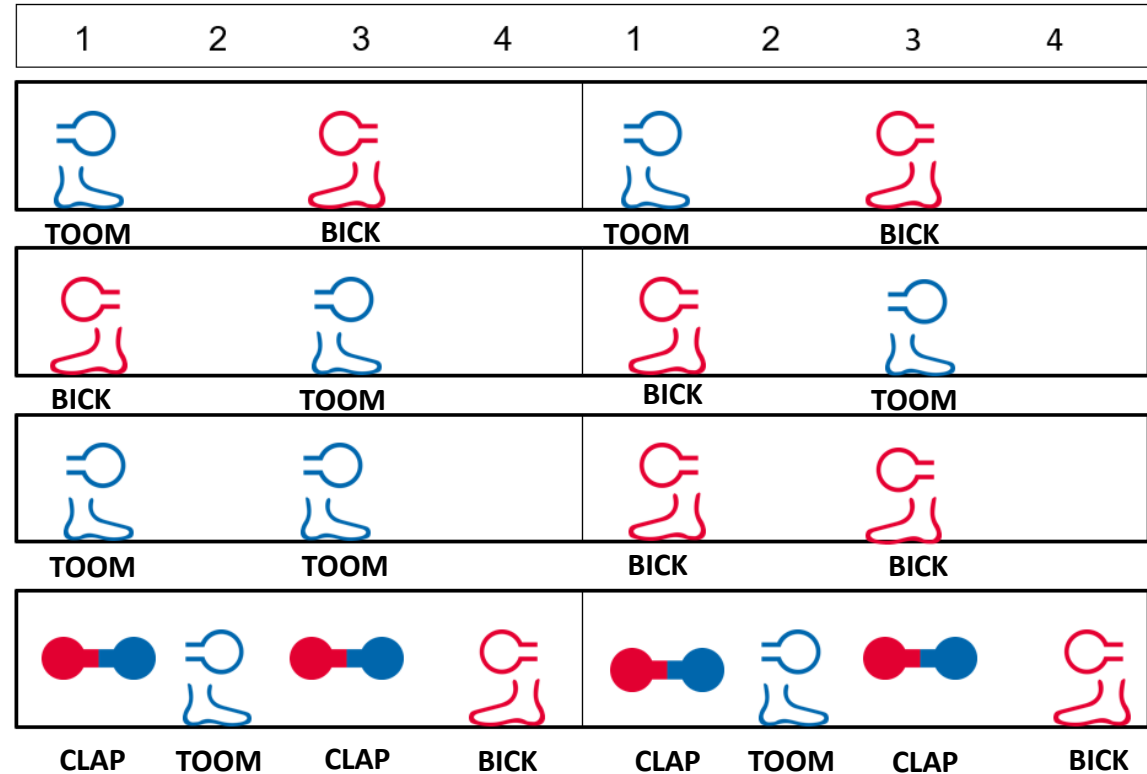
## Whilst improving

- Bilateral integration and interhemispheric integration
- Attention and focus
- Coordination and balance both static and dynamic
- The inhibition of extraneous movement
- Directionality and spatial awareness
- Clarity of lateralisation
- Sensory integration
- Motor skills
- Energy levels
- Reading and learning
- Physical and cognitive abilities
- Enhance perception discrimination, attention and memory
- Social skills
- Confidence
- Mood/positivity
- Body awareness and schema



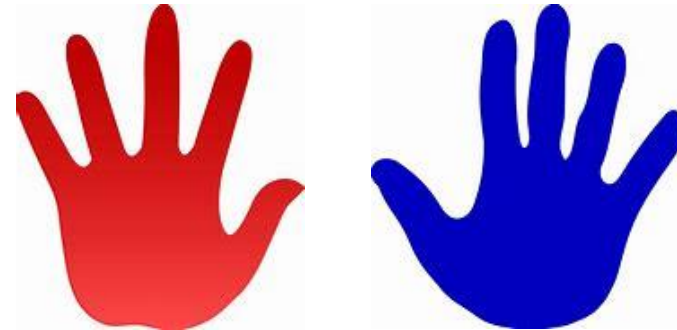
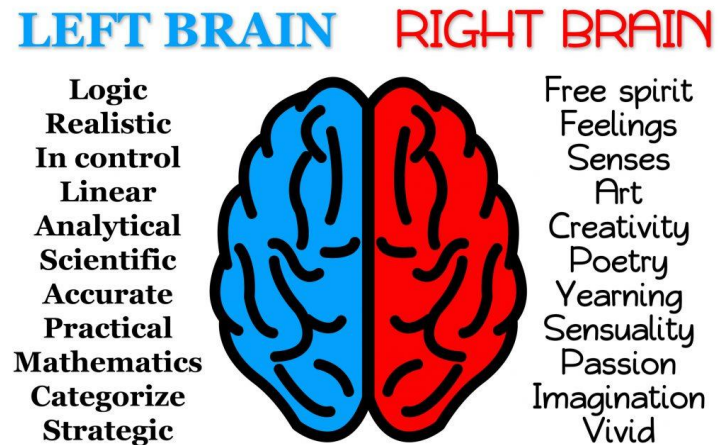
# How it works

- rhythm, music, movement, speech, hearing, sight and feeling.
- participant reads the symbols and 'translates' them into the corresponding movement which is performed to the rhythm of music.
- The colour of a symbol indicates whether the movement should be performed on the right, left, or with both sides.
- While performing the movement associated with a specific symbol, one also pronounces the name of this symbol. This activates the different brain areas at the same time.
- exercises are gradually built up over time and adapted to the level of the group (or the individual person).
- The music is also adapted (as well as possible) to the taste of the participants and a tempo (BPM) is chosen that is suitable for the target group.



# Bilateral integration

Because symbols are read during the exercises (**visual cortex**) and translated into a movement (**prefrontal cortex and both temporal lobes**), movements are alternated (**motor cortex, left and right**), words are spoken at the same time (**language / speech centres in the left hemisphere**) and listening to - and tuned to - music (**including auditory cortex, limbic system and cerebellum**), many different brain areas are activated at the same time. This ensures the construction of new and strengthened existing neural networks and for more/better connections in the corpus callosum.



When the brain is stimulated, there is an increase in the number of connections. The corpus callosum of drummers and conductors is physically larger than average because the brain halves are encouraged to work together far more than the average person's.



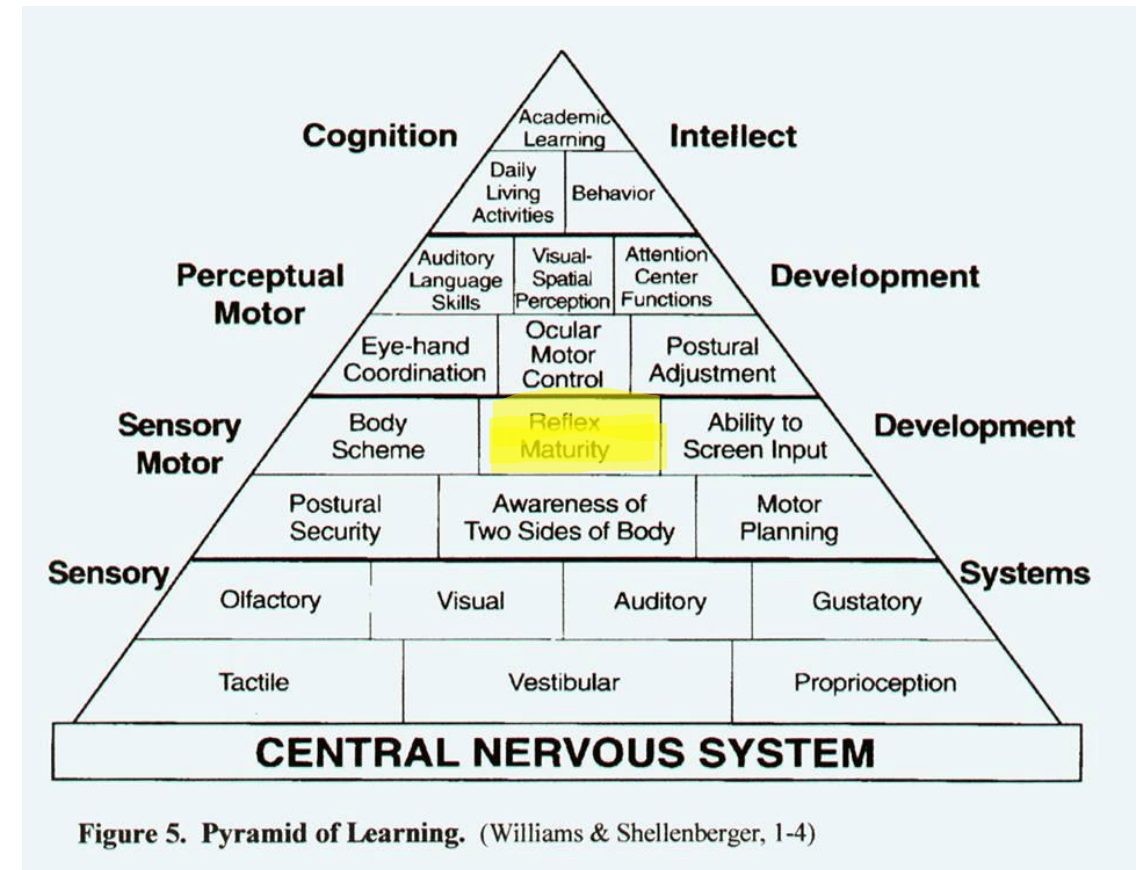


# Significance to us as Practitioners

To follow reflex integration work for those with significantly retained reflexes to help them realise their progress?

Children with learning disabilities (and their teachers) report improvement in the areas of:

- Self-confidence
- Concentration
- Both reading and reading comprehension
- Writing
- Maths
- left and right awareness
- Ability to sit still



# The vision

**It is Ronnie's Vision that there should be an RGM programme in every elder care facility.**



## **In Schools**

In Sweden, the RGM is used at some schools to start the day. The purpose of this is to get the children attuned to each other, to get together in the 'here and now' and in the same state of energy. It is also a kind of 'on button', the left and right hemispheres are activated. It has also been shown that cognitive tasks are performed better when combined with movement.

In the Swedish schools, the day starts with a short RGM session in the classroom. The symbols are projected via a beamer or smartboard. Or there are separate signs with one symbol each, which are held by a few children. The nice thing about this is that the order can be changed by the children, allowing them to influence the exercise themselves. The music is of course tailored to the age and taste of the children. This makes it a cheerful and dynamic day opening.

In the Netherlands, RGM is also increasingly used in (special) education.

## **In Communities**

The hope is that community classes will be offered all around the country as they are in Netherlands to offer





# Some feedback from patients about RGM

“My husband is more alert now; he is able to concentrate better on a conversation than before” (72-year-old female with husband with Parkinson’s disease)

“Tests have shown that for the first time in 4 years my condition has not degenerated over the last 6 months”. (74-year-old male with Alzheimer's disease)

“The RGM exercises make me cheerful. Something I can use well” (71-year-old female, stroke patient)



“The exercises give me a new energy, a reason for me to also do them at home, I love it, it is fun.” (45-year-old female with Multiple Sclerosis.)

... had a stroke and was deteriorating. I had ended up in a wheelchair, but with the Ronnie Gardiner Method, I began to move again. Today, I work fulltime and live a normal life” (46-year-old male stroke patient)



# Learn about the Ronnie Gardiner Method

To gain an in-depth understanding of the benefits and proven results of the RGM method, follow the links below for research articles from across the world.

## **Studies about RGM in people with a stroke:**

- [Gonzalez-Hoelling S, Bertran-Noguer C, Reig-Garcia G, Suñer-Soler R. Effects of a Music-Based Rhythmic Auditory Stimulation on Gait and Balance in Subacute Stroke. Int J Environ Res Public Health. 2021;18:2032.](#)
- [Bunketorp-Käll L, Pekna M, Pekny M, Blomstrand C, Nilsson M. Effects of horse-riding therapy and rhythm and music-based therapy on functional mobility in late phase after stroke. NeuroRehabilitation. 2019;45\(4\):483-492](#)
- [Bunketorp-Käll L, Lundgren-Nilsson Å, Nilsson M, Blomstrand C. Multimodal rehabilitation in the late phase after stroke enhances the life situation of informal caregivers. Top Stroke Rehabil. 2019;25\(3\):161-167](#)
- [Pohl P, Carlsson G, Bunketorp Käll L, Nilsson M, Blomstrand C. Experiences from a multimodal rhythm and music-based rehabilitation program in late phase of stroke recovery – a qualitative study. PLoS ONE. 2018;13\(9\):e0204215](#)
- [Bunketorp Käll L, Lundgren-Nilsson Å, Samuelsson H, Pekny T, Blomvé K, et al. Long-term improvements after multimodal rehabilitation in late phase after stroke: a randomized controlled trial. Stroke. 2017;48\(9\):e272](#)
- [Thornberg K, Josephsson S, Lindquist I. Experiences of participation in rhythm and movement therapy after stroke. Disabil Rehabil. 2014;36\(22\):1869-1874](#)
- [Bunketorp Käll L, Lundgren-Nilsson Å, Blomstrand C, Pekna M, Pekny M, et al. The effects of a rhythm and music-based therapy program and therapeutic riding in late recovery phase following stroke: a study protocol for a three-armed randomized controlled trial. BMC Neurol. 2012;21\(12\):141.](#)

## **Studies about RGM in people with Parkinson's disease:**

- [Pohl P, Wressle E, Lundin F, Enthoven P, Dizdar N. Group-based music intervention in Parkinson's disease – findings from a mixed-methods study. Clin Rehab. 2020;34\(4\):533-544.](#)
- [Pohl P. The Ronnie Gardiner Method: an innovative music-based intervention in neurorehabilitation with focus on Parkinson's disease. Neurophysiol Rehab. 2018;1:32-37](#)
- [Pohl P, Dizdar N, Hallert E. The Ronnie Gardiner Rhythm and Music Method – a feasibility study in Parkinson's disease. Disabil Rehabil 2013;35:2197-2204](#)

