

Drums Alive Hawaii OT Conference
October 12, 2019
OT PRACTICE AND DRUMS ALIVE

1. OCCUPATIONAL THERAPY AND SCOPE OF PRACTICE

- Occupational Therapy helps people across the lifespan to do the things they want and need to do through therapeutic use of daily activities (occupations). Occupational Therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent-or live better with-injury, illness or disability. (AOTA)

Whole person model addressing physical, cognitive, social and emotional components: independence, quality of life, ability to perform daily living activities, functional movement skills and finding purpose in life through meaningful occupation

- **Physical skills:** balance, mobility, strength, endurance, fine and gross motor coordination, dexterity and sensation
- **Cognitive skills:** ability to attend, perceive, think, understand, problem solve, mentally sequence, learn and remember resulting in the ability to organize occupational performance in a timely and safe manner
- **Psychosocial skills:** interpersonal interactions, habits, routines and behaviors, active use of coping strategies and/or environmental adaptations to develop skills necessary to participate in everyday tasks and social situations (AOTA)

2. *“Man, through the use of his hands as they are energized by mind and will, can influence the state of his own health.”* This famous quote from Mary Reilly delivered in her 1961 Eleanor Clarke Slagle Lecture is powerful and describes the holistic frame of reference of OT.

3. DRUMS ALIVE PROGRAM

- **Integrative:** Functional activity that integrates therapeutic applications from movement, dance, music, sound, and rhythm
- **Functional Activities:** Incorporates activities and movements for flexibility, cardio-respiratory function, strengthening, endurance, agility, coordination and balance
- **Functional Skill Development:** Posture, core stability, fall prevention, gross and fine motor skills
- **Rhythm/Timing and Brain Health:** Neuromuscular rhythmic/movement patterns developed to stimulate the right and left brain hemispheres, connections among brain regions, timing and cognitive fitness

- **Cognition and Perception:** Cognitive and perceptual skill training programs designed for optimal brain health including focus and attention, visual spatial skills, memory, processing and organizing information
- **Wellness and Relaxation:** Mindful movement, breathing and activities which support relaxation, positive emotions and stress resilience
(Drums Alive® Manual, Carrie Ekins)

4. CLINICAL APPLICATION of DRUMS ALIVE AS AN OT INTERVENTION

Benefits of Drums Alive as an intervention for OT

- Research based program
- Engages the “whole person” in occupation across the lifespan—toddlers to older adults
- Functional skills training: potential for use as therapeutic activity, neuromuscular re-education, sensory integration, cognitive re-training
- Motivation: increases adherence to therapy due to “fun” factor
- Cognitive focus based on principles of neuroplasticity
- Stability balls are often found in clinics and can also be used for Drums Alive exercises, core activities, and wall exercises

Application of Drums Alive in OT Practice

- **Benefits for wide range of diagnoses/conditions:** including pediatric, neurological, orthopedic, chronic conditions, mental health, as well as preventive health, prehabilitation and community wellness
- **Individual/Group:** can be implemented as individual therapy or in a group setting
- **Practice Settings:** hospitals (in-patient, outpatient, rehabilitation), schools, work place, independent living, assisted living, memory care, skilled nursing facilities, mental health facilities, community wellness such as senior centers, support groups, and libraries.
- **Interdisciplinary:** opportunities for collaboration with other practitioners including physical therapists, music therapists, speech therapists and recreational therapists

5. OT ACTIVITY ANALYSIS: THERAPEUTIC USE AND ADAPTATIONS

- Use ball to work on core, posture, stability
- Perceptual activities: crossing midline, visual spatial skills, visual motor, motor planning, motor control e.g. large clock or color tape on drum for person with stroke to work on upper body motor control and visual field deficit

- Daily living activities: sit to stand with option of ball support; hip hinge with ball support to practice safe squatting (standing) and forward reaching (seated), balance practice, hand activities: e.g. grasp and release with drumsticks, hand strength/dexterity exercises
- Use drumsticks for range of motion exercises, fine motor skills and coordination
- Use drumstick handles with assorted textures for sensory-re-education
- Build up drumsticks with foam (pipe insulation) for arthritis, easier grasp
- Consider individual sensory styles: seekers and avoiders (ear plugs v. sound amplification, power drumming v. wellness drumming)
- Progress or Regress Drumstick: Create weighted drumsticks with PVC pipe for strength training or use pool noodles for longer, lighter drumstick.
- Color code drum for targets: reaching, weight shifting, stability for balance
- Cognitive activities: including memory, attention, visual attention and speed of information processing. Tape activity sheets to drum
- Include family members and caregivers, offer Drums Alive to staff to help with stress and increase their physical activity, promote the benefits of Drums Alive to medical care professionals to provide awareness and build referrals

6. BRAINSTORM IDEAS FOR USING DRUMS ALIVE IN *YOUR* OT PRACTICE

- Invite people to group themselves with others in their specialty. Ask them to come up with ideas as a group on ways they could incorporate Drums Alive in their practice settings. Ask them to describe some modifications and adaptations for both drumming and locomotor skills as well as cognitive, balance and wellness activities.

NOTES:

How to get certified in Drums Alive.....
Contact for more information.....