



LECTURE SERIES  
**MUSIK &  
MEDIZIN**



# Music Playing as a Therapeutic Tool in the Rehabilitation of Stroke

Jennifer Grau-Sánchez (School of Nursing and Occupational Therapy  
of Terrassa, Autonomous University of Barcelona, ES)

November 10, 2022  
**18:00 Salzburg (CET)**

Lecture: In Person & Online  
Participation Free of Charge

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## MUSIK&MEDIZIN

# Music Playing as a Therapeutic Tool in the Rehabilitation of Stroke

Jennifer Grau-Sánchez

This lecture aims to offer a comprehensive and integrative view of the use of music in neurorehabilitation. Following an evidence-based approach and a translational perspective, I will introduce the brain structures involved in musical processing and the plastic mechanisms associated with musical learning. Then, I will present the scientific work of our group at the University of Barcelona that demonstrates the benefits of Music-supported Therapy in the motor, cognitive and emotional rehabilitation of people who have suffered a stroke. The different clinical studies we have conducted show that people with stroke treated with Music-supported Therapy improve the motor function of the upper extremity, present less fatigue, and have a better quality of life after the treatment. I will also discuss the mechanisms of brain plasticity that promote recovery and present our most recent development of an *app* to deliver Music-supported Therapy as a telerehabilitation intervention.

Jennifer Grau Sánchez, PhD, Occupational therapist, is research professor at School of Nursing and Occupational Therapy of Terrassa, Autonomous University of Barcelona and director of the research group on Complex Health Diagnoses and Interventions from Occupation and Care, OCCARE group.

The Salzburg lecture series **MUSIK&MEDIZIN** presents scientific and artistic contributions from leading international experts in various disciplines to explore the interactions and mechanisms between the experience, processing and psycho-physiological impact of music on humans and to understand how music may promote health and wellbeing. **Idea & Direction** Katarzyna Grebosz-Haring (Systematic Musicologist | Programme Area *(Inter)Mediation, Focus Area Science & Art* | University Mozarteum Salzburg / Paris Lodron University Salzburg) – **In Cooperation with** Günther Bernatzky (Biologist | Paris Lodron University Salzburg) and Leonhard Thun-Hohenstein (*Child and Adolescent Psychiatrist* | Paracelsus Medical Private University Salzburg) – **Registration Required for Attendance:** Ingeborg.schrems@plus.ac.at | +43 662 8044 2380



### Registration Required for Attendance

#### Time & Place

November 10, 2022  
18:00 Salzburg (CET)  
Atelier in KunstQuartier,  
Bergstraße 12a, 1st Floor,  
5020 Salzburg

#### Access Data Webex:

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(access code): 2730 572 2853  
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