

REBOOTING DEVELOPMENT WITH A RHYTHMIC MOTOR INTERVENTION

Rebooting Development with a Rhythmic Motor Intervention for Children

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Abstract

The continuing proliferation of developmental difficulties in children that result in widespread challenges in learning and behavior pushes inquiry into their etiologies and remedies. Current research, within both traditional and contemporary theoretical models of motor development, has found a predictive relationship between early motor deficits and later motor, emotional, and cognitive ability. While there is a clear mandate for early intervention to mitigate further dysfunction, and therapists have addressed underlying factors for years, there is not a consensus on its effectiveness. Rhythmic Movement Training (RMT) is a natural motor intervention from Sweden that appears to have a multi-faceted effect on neurodevelopment by addressing underlying sensory, vestibular, cerebellar, and early motor processes. The purpose of this study is to evaluate if RMT is an effective intervention to address motor deficits and enhance development. This study surveyed parents, teachers, and therapists online who are using RMT in 15 countries, asking them to evaluate the usefulness of the program according to their experience. Based on feedback from 79 RMT practitioners around the world, this study suggests that the Rhythmic Movements could be especially helpful for their ability to address underlying motor deficits, release tensions, improve attention, and enhance the effectiveness of educational methods. This finding supports the literature that addressing underlying systems can improve higher levels of development.

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Dedication

On behalf of all the grateful parents and children whose lives have been touched by Rhythmic Movement, I would like to dedicate this project to Harald Blomberg, MD, for his insight, hard work, and vision in sharing this program that brings science back to understanding ourselves as human beings, to be able to thrive in community and in individual balance.

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