

## **Rhythmic Movement Training (RMTi) works with Rhythmic Movement Disorder (RMD)**

### **What is Rhythmic Movement Training (RMT)?**

RMT is a movement based, primitive (infant or neo-natal) reflex integration program that utilizes developmental movements, gentle isometric pressure and self-awareness to rebuild the foundations necessary to help overcome learning, sensory, emotional and behavioral challenges.

### **What is Rhythmic Movement Disorder (RMD)?**

The RMD which stands for Rhythmic Movement Disorder is a neurological disorder characterized by involuntary and repetitive motions of the big groups of muscles that can happen immediately right after or before your sleep. People who have this condition experience sudden, repetitive, uncontrollable movements involving their neck and head. These movements usually happen during non-REM sleep. It is possible that these movements can cause physical injuries.

RMD can have significant effects for the well-being of a person who has it. Incessant muscle contractions leading to disrupted sleep can lead to major long term emotional stress and often irrational behavior.

Some people report that episodes of RMD actually relaxes their body, and this is where the link to RMT can be found.

### **Using RMT to ease RMD**

An important component of the movements of RMTi is the use of rhythm to calm and relax the body releasing the need of the brain stem to be on constant alert (even while asleep) which activates automatic, infant like reflex movements that are very similar in look to those of RMD. The targeted rhythmic movements will, over time, create the ability of the body to be more coordinated and still which leads on to the possibility of more emotional stability.

People who have used RMT report having less muscle tension, better sleep, more emotional well-being and improved focus. A home program is, on average, about 5 to 10 minutes a day or targeted, intentional movements. These movements can be completed in one sessions, or can be spread throughout the day.