

## Music Suggestions from Treatment CD's or Tapes

- Anna and the King* (Sound Track)  
*Baroque Concertos* (Flute Trumpet, Recorder and Oboe/Bassoon Musikfest)  
*The Meeting Pool* \*\*\*\* a must (Any of Baka Beyond)  
*Spirit of the Forest* \*\*\*\* a must (Any of Baka Beyond)  
*Best of Baroque* (Excelsior)  
*Bolero Ravel* (Excelsior)  
*Brahms: Violin Concerto Isaac Stern* (Phila Orach Ordmandy)  
*The Island of St Hylarion* (Ensemble PAN: Music of Cypruss 1413-1422)  
*Celtic Solstice* (Paul Winter and Friends Living Music)  
*Celtic Tranquillity* (Phil Coulter)  
*Chant* (The Benedictine Monks of Santo Domingo De Silos)  
*The Chieftains 2* (Shanachie 79022)  
*Clannad* (Dulaman)  
*Clannad 2* (Shanachie)  
*Earth Spirit* (Any of his music Nakai)  
*The Ultimate Drum Experience (Earth Tribe Rhythms* Kauma Records)  
*Enja* (All of her music)  
*Fairy Ring*  
*Flashdance* (Soundtrack)  
*Heart Zones*  
*Novus Magnificat* (Constance Demby Hearts of Space Records)  
*Magical Child*  
*Medieval English Music , The Hilliard Ensemble* (Musique Dabord)  
*Portraits Annie Lock* (Search for Serenity)  
*Silly Classical Songs* (Disney)  
*Songs of the Whale/any song of nature* (Sillers Bells Music)  
*Summer, Winter, Autumn etc.* (Any of George Winston Windham Hill Records)  
*Tarzan* (Walt Disney, Phil Collins)  
*Private Turner* (Tina Turner, Capitol Records)  
*SnowFall* (Yanni, Excelsior)  
*Forbidden Dreams* (Yanni Excelsior)  
*One World* (John Tesh GTSP)  
*Thriller* (Michael Jackson)  
*Stand at the Center* Spotted Eagle  
*Toby Twining Music* Shaman  
*Transitions 1: Soothing For Crying Infant* Transitions Music  
*Transitions 2: Music to Help Baby Sleep.*  
  
*Mortal Kombat* TVT Records  
*Riverdance* Bill Whelan  
*The Star Wars Trilogy: Special Edition* John Williams

## YouTube Videos of Musical Instruments and Music Through the Ages

- A Bronze Age Irish Musician at Craggaunowen: The Living Past Experience  
<https://youtu.be/sOVUOQtn0Io>
- African Ancient Egyptian Custom and Instruments: <https://youtu.be/2eQZrXIRiIs>
- Ancient Egyptian Love Song: <https://youtu.be/ntnBuQAvFjA>
- Ancient Egyptian Flute Ney Music: [https://youtu.be/wYQ\\_ol3L9Ag](https://youtu.be/wYQ_ol3L9Ag)
- Ancient Music Ireland: <https://youtu.be/w4t8ap5KXqQ> [https://youtu.be/r6RwSxkl0\\_I](https://youtu.be/r6RwSxkl0_I)
- Australian Bush Instruments from Music Room - imagined by Bushfire Press:  
Instruments from Around the World Australia: <https://youtu.be/382qg5jgdDk>
- Babylon Music: <https://youtu.be/kFeu8-v6WSw>
- Bronze Age Musical Scales: The Fipple Pipes an Introduction: <https://youtu.be/HCEblo5ZQEI>
- Classical Ottoman Music: <https://youtu.be/wN9qaOw4164>
- Cornu de Pompeli: <https://youtu.be/1lIzgj2FAHA>
- Drømde mig en drøm i nat, real ancient music of Scandinavia [https://youtu.be/g8N3eG0u\\_OU](https://youtu.be/g8N3eG0u_OU)
- 8 Oldest Musical Instruments in the World Evolution of Musical Instruments:  
[https://youtu.be/\\_OGWk1eb-nI](https://youtu.be/_OGWk1eb-nI)
- Evolution of Music: <https://youtu.be/oxRZwjVkpD0>
- Evolution of Music II: <https://youtu.be/swQ1CvUShow>
- Evolution of Indian Music: Part 1 (3000 BC-1945 AD): <https://youtu.be/kaAvKLGssJI>
- Hohle Fels Cave Flute- Music History Crash Course: <https://youtu.be/dqjxtstlHA0>
- How To make a bullroarer or Purerehua: [https://youtu.be/UaejWEEf\\_Pk](https://youtu.be/UaejWEEf_Pk)
- Ice Age flute: <https://youtu.be/JD0NDdZKOq0>
- Ireland: Late Late Show: Ancient Musical Instruments: <https://youtu.be/o0ExXOoXA8I>
- Listen to a 17,00-Year-Old Musical Instrument-Ancient Architects: <https://youtu.be/GIdyenNBbg0>
- Native American Instruments: <https://youtu.be/fVMgB6OVO0o>
- Neanderthal Bone Flute Music <https://youtu.be/sHy9FObl7Y>
- Musical Instruments From Prehistory the Paleolithic <https://youtu.be/Ttnb4ZIHv2s>  
1-hour Megalithic Ambient Music: Neolithic Proto-European Ambient Ancestral flutes and drums <https://youtu.be/XQas3Q1fwTU>
- Prehistoric bear jawbone from Potocka Zizjalka Cave-also the oldest musical:  
<https://youtu.be/jFtmhFg9fp4>
- Reconstructed Ancient Egyptian Melody: <https://youtu.be/nBmWXmn11YE>
- Rock Gong: <https://youtu.be/rq0DjwSZzkc>
- Sacred Music From Medieval Spain: The Libre Vermell And The Cantigas De Santa Maria  
<https://youtu.be/2Ios-NT0fNI>
- Sounds of nature: [https://youtu.be/CqAmkHXgJ\\_0](https://youtu.be/CqAmkHXgJ_0)
- Sounds of Prehistory: <https://youtu.be/LITPqrJNdEg>
- The Oldest Know Melody (Hurrian Hymn no. 6-c.1400 B.C.) <https://youtu.be/QpxN2VXPMLc>
- The Oldest (Known) song of all Times: <https://youtu.be/KEIPnD-dbkk>
- The sound of Ancient Egypt: <https://youtu.be/MprBjqBntdA>  
<https://youtu.be/pK6hB3OuCTI>
- The Sumerian Silver Lyre: <https://youtu.be/JU4QRxsZhjg>
- The world's oldest Musical instrument (40,000 BCE) Mammoth ivory and bird bone flutes Germany  
Hurrian Hymn # 6 the oldest known melody in human history (circa 1400 BC) <https://youtu.be/Nwp-C7DBcYg>
- Viking Age Music- What kind of musical Instruments did the Vikings have:  
<https://youtu.be/Je9MyJcCme0>
- Viking Age Music & Musical Instruments: <https://youtu.be/hUJt4iFNIA>
- War Song of Horus and Seknet: Ancient Egyptian Music <https://youtu.be/ctKD8FJlel>

## Music Suggestions:

### Music to Quite Your Home

Pachelbel, Canon in D

Mozart, Concerto for Flute and Harp

Tellemann, Flute Concerti

James Galway (soloist), The Magic Flute

Mendelssohn, Midsummer Night's Dream

Tchaikovsky, Waltzes from Sleeping Beauty, Nutcracker and Swan Lake

Dr. George Lozanov for the use in clearing and opening the mind, increasing Alpha waves and enhancing learning activities:

J.S. Back: Fantasy for Organ in G major  
Fantasy in C minor  
Prelude and Fugue in G major  
Organ Fugue in E Flat major

Rameau: Pieces de Clavecin # 1, 5

Tchaikovsky: Concerto for Violin, op. 35  
Concerto for Piano # 1

Beethoven: Emperor Concerto for Piano, # 5  
Violin Concerto

Vivaldi: The Four Seasons, # 8

Brahms: Concerto for Violin, D major, op. 77

Corelli: Concerti Grossi, op. 6, # 2, #4, 5, 8, 9, 10, 11, 12

Couperin: Le Parnesse & L'Astree, Sonati

Handel: Water Music  
Concerto for Organ, B flat major, op. 7, 16

Haydn: Concerto # 1 for Violin  
Concerto # 2 for Violin  
Concerto for Violin # 5 in major  
Symphony # 101, the Clock  
Symphony # 194 in G major

Mozart: Concerto for Piano # 18 in a B flat major  
Concerto for Piano # 23 in A major  
Concerto in A major  
Symphony # 40 in G minor

Musical selections suggested by Hal A. Lingeran in *The Healing Energies of Music*:

For clear Thinking or Studying:

Back, Brandenburg Concertos  
Tellemann, concerto for Three Violins & Orchestra  
Brahms, Violin Concerto  
Handel, Water Music

Music to Relax and Relieve Stress:

J. X. Bach, Aire on a C String  
Pachelbel, Canon in D  
Mozart, Concerto for Flute and Harp  
Vivaldi, flute Concertos  
Beethoven, Symphony # 6

Music for Air Anger:

Beethoven, Egmont Overture  
Brahms, Piano concerto # 1

Music to Relieve Depression:

Beethoven, Emperor Piano Concerto (#5)  
Mozart, Hoffner Symphony # 35  
Rachmaninoff, Piano Concerto # 2 (last movement)

Music for Mediation and Prayer:

Vaughan Williams, Fantasia on Theme of Th Tallis  
Paul Horn, Inside the Taj Mahal  
Humperdinck, Children's Prayer, Hansel and Gretel  
Mandel, Largo (Xerxes)  
J. S Bach, Come Sweet Death, Toccata and Fugue  
Bruckner, Symphony # 8 (Third Movement)  
Wagner, Prelude to Act I (Lohengrin)

TABLE 4. Technique III: Music as Occupation: Use of Music Activity as New Occupation to Directly Enhance Participation in Life/Quality of Life and Provide the Benefits of Engagement in Meaningful Occupation. Dependent on Meaning and Value Being Assigned to the Music Activity by the Performer

Population	Music Activity Used as Occupation	Benefits Produced	Citations	Discipline
Well	Listening	Entertainment, intrinsic enjoyment	Radocy & Boyle, 1997a	Music Psychology
Well	Listening and other various	Life's most pleasurable and satisfying experiences	Panksepp, 1995 Goldstein, 1980 Gabrielsson, 2001	Psychology Psychology Psychology
College graduates	Music Teaching	Social skills development	Hannan et al., 1998	Music Education
Well	Composition, playing/creating	Enjoyment, full engagement in life	Csikszentmihalyi, 1990	Psychology
Musicians/Performers	Playing/creating	Self-regulate, control and induce positive emotional responses	Persson, 2001	Music
Various	Playing/Creating in ensembles/groups	Social benefits, acceptance, increased ability to collaborate and relate to others.	Nayak et al., 2000 Peters, 2000	Music Therapy Music Therapy
Well/Elderly	Listening, various, with life review	Stimulate orientation, memory, and reminiscence	Sawyer, 1999 Bennett & Maas, 1988	Music Psychology Occupational Therapy
Stroke	Creating/Playing	Increased upper extremity function	Paul & Ramsey, 1998	Occupational Therapy
Spinal/Cord Injury	Creating/Playing-electronic music	Enhance occupational therapy	Lee & Nantas, 1995	Occupational Therapy
Chronic Schizophrenia	Creating/Playing-chor	Increased socialization, self-esteem, community integration	Allen & Poppers, 1988	Occupational Therapy
Mental Handicap	Creating/Playing in structured groups	Increased communication and self-esteem	MacDonald & O'Donnell, 1994	Occupational Therapy
Parkinson's Disease	Singing, moving to, creating/playing	Improve emotional functioning, happiness, motor functions, and quality of life	Pacchetti et al., 2000	Music Therapy, Medicine

**Table 1. Recommendations for Using Music in Occupational Therapy Practice**

Performance Skill	Goal (Example)	Music-Related Intervention
Standing endurance	Client will increase standing endurance from 2 to 5 minutes to improve the ability to safely stand and groom at the bathroom sink.	<ul style="list-style-type: none"><li>- Encourage the client to stand and sing his or her favorite song</li><li>- Document the length of time the client is able to stand</li><li>- Measure client-perceived level of exertion (pre- and post-standing)</li></ul>
Fine and gross motor control	<p>Client will increase fine motor control to dial 911, if needed, to ensure safety when discharged home.</p> <p>Client will increase bilateral upper extremity shoulder flexion to 120° to increase the ability to perform upper body dressing with modified independence.</p>	<ul style="list-style-type: none"><li>- Encourage using simple or complex instruments, such as piano or keyboard, to play along with the music of choice</li><li>- Organize participation in group-based movement/dance moves to music</li><li>- Teach client to use a cell phone or MP3 player to listen to music</li></ul>
Cognitive sequencing, short- and long-term memory	Client will demonstrate the ability to follow three-step directions to safely prepare a simple meal.	<ul style="list-style-type: none"><li>- Recall the words of a song from years past or words from a song newly learned</li><li>- Play "Name that tune"— Play several notes of a familiar song and ask the client to identify the song</li></ul>
Dynamic sitting balance	Client will increase sitting balance from Fair to Good to maintain an upright posture while seated on a shower bench.	<ul style="list-style-type: none"><li>- Have client maintain sitting balance while participating in movement-related activities to music or playing a desired instrument</li></ul>
Core strengthening	Client will improve core strength to maintain a functional upright posture while self-propelling a wheelchair from their room to the dining room.	<ul style="list-style-type: none"><li>- Have client use a therapy ball to facilitate functional seated posture while singing or moving to music</li></ul>
Social participation	Client will initiate a conversation with another client at least twice during a 60-minute, group-based intervention to increase social participation.	<ul style="list-style-type: none"><li>- Organize group-based singing or dancing sessions</li><li>- Encourage clients to select music and reminisce about particular songs</li></ul>