

**EXPLORING THE EFFECTS OF HARMONICA PLAYING ON RESPIRATORY CONTROL  
AND SWALLOW QUALITY OF LIFE IN PERSONS WITH PARKINSON'S DISEASE**

## **REQUEST FOR RESEARCH PARTICIPANTS**

### **Who is conducting the study and what is this study about?**

MusicWorx is exploring the use of music therapy, specifically the effects of harmonica playing, for people with Parkinson's disease. This 12-week study aims to examine the use of harmonica playing on respiratory control, swallowing, and quality of life. Academic partners include Lindsay Wilhelm, PhD, at Colorado State University, and Elizabeth Stegemoller, PhD, at Iowa State University.

### **Why should I join this study?**

As a result of Parkinson's disease, do you face difficulty swallowing and respiratory problems? Harmonica playing is an accessible and cost-effective tool that could be used in conjunction with other therapies and medications to address your symptoms. We anticipate you will experience improvements in respiratory control, swallowing, and quality of life following the 12-week program.

### **Who can join this study?**

All individuals must:

- Be between the ages of 40 and 90
- Attend all 12 classes and two meetings with music therapist
- Be diagnosed with Parkinson's disease

### **What will I be asked to do?**

Participants will perform a pre- and post-study assessment and actively participate in the class. The class will involve deep breathing exercises, physical warm-ups, harmonica warm-ups, harmonica repertoire, and mindfulness exercises.

### **Please contact us by AUGUST 15TH:**

Lindsay Zehren, MT-BC  
Principal Investigator  
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858-457-2201

### **Twelve Tuesdays**

August 22nd - November 7th  
11:15 - 12:30pm  
10455 Sorrento Valley Rd, Ste 201  
San Diego, CA 92121

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