

BEGINNER'S GUIDE TO RHYTHMIC AUDITORY STIMULATION (RAS)

1. WHAT IS RAS?

Rhythmic Auditory Stimulation (RAS) is a technique that uses rhythm, especially steady beats, to help improve movement, balance, and coordination. It's particularly helpful for people with Parkinson's, where mobility and gait can be affected. RAS uses external rhythmic cues like a metronome or music to help the brain re-sync motor movements.

2. WHY TRY RAS?

- **Boost your gait:** Improve stride length and walking speed.
- **Regain control:** Enhance initiation and stopping of movement.
- **Build confidence:** Practice in your own time and space.
- **Stimulate discussion:** Use your experience to talk with a healthcare professional.

3. WHO IS THIS GUIDE FOR?

This guide is designed for people who:

- Have been diagnosed with idiopathic Parkinson's (Hoehn and Yahr stages 2–3)
- Can walk independently for short distances (at least 6–8 metres)
- Are on a stable medication routine
- Are motivated to take an active role in their wellbeing

4. WHO SHOULD NOT USE THIS GUIDE WITHOUT MEDICAL ADVICE?

- Those with advanced dementia (MMSE < 25)
- Recent musculoskeletal injuries
- Unstable medication or fluctuating symptoms
- Those who cannot provide informed consent

5. GETTING STARTED - WALKING

You'll need:

- NeuroBeat playlists
- A simple metronome app
- Comfortable shoes and a safe, clear walking space
- Optional: A friend or family member to support you

Step 1: Set a Beat

Use a metronome set slightly above your natural walking pace (start +10% your regular tempo). Tap your hands or feet to the beat while seated.

Step 2: Walk in Sync

Begin walking in time with the beat. Focus on steady, even steps. Try short walks (e.g., 2 minutes), then rest. Repeat.

Step 3: Explore Movement

Incorporate simple actions like stopping/starting on cue, turning, or stepping backward—all while staying in rhythm.

Step 4: Breathe & Relax

Finish with gentle breathing exercises set to calm, slow music. This helps relax the nervous system and reinforces body awareness.

6. ADVANCED EXERCISES (as confidence grows)

- Try “braiding” steps (crossing one leg over the other)
- Walk stairs in rhythm (with support)
- Use the NeuroBeat [Playlist](#) with clear beats and a steady tempo

7. DRUMMING TO A PLAYLIST

You'll need:

- A basic drum kit (acoustic or electronic)
- Drumsticks (we recommend 5A wood tip)
- NeuroBeat [Playlist](#)
- A practice pad (optional for quieter practice)

Step 1: Pick a Song from the Playlist

Choose a track with a clear, steady beat between 80–110 BPM. Start with slower tempos.

Step 2: Play a Simple Pattern

Use this basic pattern: **Kick – Snare – Kick – Snare.**

- Kick drum = your foot (usually the right)
- Snare = your lead hand Keep repeating this in time with the music.

Step 3: Focus on Coordination

Try to match the beat with your body. If you get off track, stop, breathe, and jump back in. You're building motor control and rhythm.

Step 4: Track Your Progress

Use the daily tracker to log your focus, timing, and mood after each drumming session.

Even just 5 minutes of drumming can boost your energy, coordination, and mood. There's no right or wrong—just rhythm.

8. PLAYLIST

Use the list below to create your own playlist on your preferred music streaming service.

Song Title	Artist	Tempo	Groove Highlights	Why It Helps
Stayin' Alive	Bee Gees	104	Strong 4/4 disco beat	Used in CPR training. Great for consistent pacing and walking rhythm.
Billie Jean	Michael Jackson	117	Steady kick-snare groove	Enhances step timing and cue-based movement.
Uptown Funk	Mark Ronson ft. Bruno Mars	115	Punchy, danceable rhythm	Aids motivation and dynamic footwork.
Another One Bites the Dust	Queen	110	Tight bass and snare sync	Great for initiating movement and stride consistency.
Come Together	The Beatles	84	Slower, head-nod tempo	Promotes body awareness and control.
Boulevard of Broken Dreams	Green Day	84	March-like 4/4 beat	Encourages strong heel-to-toe gait.
Take It Easy	Eagles	138	Laid-back shuffle groove	Encourages smooth, relaxed motion.
Let's Dance	David Bowie	114	Groove-heavy pop-rock	Enhances lateral weight-shift and coordination.
Go Your Own Way	Fleetwood Mac	120	Rolling toms, straight beat	Works well for rhythmic hand-foot movement.
Shut Up and Dance	Walk the Moon	128	Punchy kick-snare hits	Boosts energy and upper-limb coordination.

9. DAILY TRACKER Use the chart below to record your daily experience.

Date	Tempo (BPM)	Activity (Walk/Drum)	Duration (min)	Notes

10. REMEMBER

This guide is not a replacement for medical care. Share your results and experiences with your healthcare team. They may help you find a music therapist or physiotherapist who specialises in rhythm-based care.

LET’S GET MOVING

Start slow, stay steady, and step into rhythm.
Your brain is wired for rhythm, RAS simply helps you tune in.