

## One-Handed Musical Instruments

### Quick recap

Roo demonstrated music technology and shared his experiences with one-handed instruments, while other members discussed the benefits of music therapy for recovery and emotional well-being. The conversation ended with updates on individual progress, including Crystal's request for advice about hand function recovery with instruments

### Summary

#### Music and Depression Management

Roo demonstrated how to use GarageBand and other music software to create music using loops and a keyboard, and shared his experience with one-handed instruments like tongue drums and the ORBA2. He explained how these instruments help him stay present and manage depression by providing a focused activity. The group discussed the benefits of music technology versus traditional instruments, with Roo emphasizing that creativity is more important than the technology used. Layli asked if playing these instruments has helped Roo's recovery, to which he replied that music has been a helpful tool for managing his depression and staying present.

#### Music Therapy for Recovery

Roo shared his experience with music therapy during his hospitalization, explaining how it helped improve his mood and mental state despite physical limitations. He described using music and drawing as outlets for expression, and mentioned that his physical therapist incorporated music to help with rehabilitation exercises. The discussion concluded with Roo adding that music

can aid both emotional and physical recovery, particularly when movements are coordinated with music's beat.

## **Hand Function and Recovery Insights**

Crystal, McKayla's mom, sought advice from Roo about McKayla's efforts to regain hand function for playing the saxophone, with Rue suggesting visualization techniques and activities like playing cards and using toys from Goodwill for hand strengthening.