

Movement accompanied by music

Snapshot dated 28 September 2026

Summary by ParkinsonVRMove. This sheet preserves our presentation of the reference; it does not reproduce the full article.

Systematic review and meta-analysis · 2021 · 17 studies, 598 participants

Effects of music-based movement therapy on motor function, balance, gait, mental health, and quality of life for patients with Parkinson's disease — Zhou and colleagues.

Findings: improvements were reported in motor function, balance, freezing of gait, walking speed and mental health.

Limitations: no statistically significant improvement was found in walking cadence, stride length or quality of life. These findings concern music-based movement interventions; they do not establish the same effects for Beat Saber.

Sources and identifiers

View the reference on PubMed
<https://pubmed.ncbi.nlm.nih.gov/33517767/>

Read the summary at Berklee
<https://remix.berklee.edu/mhi-citations/928/>

DOI
<https://doi.org/10.1177/0269215521990526>

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