



Vibroacoustic Therapy

Results of Treatments for Parkinsons

Case Studies – VAT for Clients with Parkinson’s Disease

by Kate Kunkel

Private Client treated for several months from 2013 to 2015:

Rose – This is an 80 year old Chinese-Canadian client who was diagnosed with PD in 2008. When her daughters spoke with me initially, Rose was having serious trouble with her gait, and tremors in her right arm/hand were affecting her ability to function normally – eating, holding a cup of tea, etc.

I started her on 30 hz VAT with her own music (she likes Chinese gospel-type recordings so they were played through a separate CD player via headphones). She would fall asleep almost immediately, but when she awoke, even after the first session, the tremors were greatly reduced. She came for VAT sessions once per week for 3 months; each time we would check her gait and the strength in her hands. She was definitely becoming better able to grasp my hands and hold on tight. Gait was also improving – she could lift both knees to a 45 degree angle. Because they live quite a distance away, we moved the sessions to once every two weeks, but she took home the portable VTS-1000 to use daily with the 30 hz program. We worked together for approximately 1 year; now she is self treating only on the portable system, and she is doing very well. Daughter Janet tells me she is not taking any medication, and that she believes the system is also helping Rose with digestive issues. Before starting VAT, she would have a lot of trouble with bowel movements, now, with tea before and after her twice daily sessions (20 minutes each) she is regular.

The following were all treated at an assisted living center in Concord, Ontario. We brought the portable NexNeuro lounge into the center twice per week, and residents had the opportunity to take advantage of the therapy.

Leon – a former Anglo-Canadian accountant diagnosed with PD in 2004. When first we met him, the 78 year old was wheelchair bound, and could not get in and out of the lounge on his own. He could not remember who we were from visit to visit. His tremors were so intense he was being treated with the maximum allowable PD medications. (We are not allowed to ask in depth questions regarding medication, so we depended on his caregivers to fill us in on how much medication he was taking). The first two visits were the same – no real change except that on the second visit he seemed anxious to get on the lounge. “It feels good” was all he said. By the fifth treatment, he began addressing me by my name, and was able to hold onto my hand quite tightly. His caregivers commented that he was sleeping much better than before the VAT sessions, and was much more communicative. By the last four treatments we gave him, he actually had enough strength to get in and out of the wheelchair by himself. His caregivers were ecstatic. Unfortunately, funding was cut for the program, and we were unable to follow through on his care. There was definite improvement in strength and lucidity.

Marvin – South-African in descent, Marvin was somewhat crotchety when we met him, and clearly not too happy about being asked to participate in the therapy as he did not like to have to move from his wheelchair, where he had been confined for 3 years. While he had tremors in both hands/arms, the left side was especially troublesome for him, and he would try to hold onto his left hand. To make it easier for him to experience VAT, we strapped a VTS-1000 to the chair, and sent the 30 hz frequencies through it. He did not want or like music, but after the first two sessions, three days apart, he decided he would like to try the lounge. With help from his caregivers, we were able to get him onto the lounge, where he promptly fell asleep during the session. Again, he was treated twice per week for the duration of the program (3 months) and responded very well. He had had a lot of pain in his back, and he repeatedly said how much better his back felt. There was definite improvement in his left side as well. Again, though, because funding was cut, we were unable to follow through.

Esther – a 75 year old who had only recently been diagnosed with PD. Her tremors were slight, and her gait was good unless she was tired. Then her left side dragged a bit, and she had trouble lifting the left knee up to take a good step. She was delighted to try the system and was able to get on and off the lounge without assistance. Her response was very positive. She enjoyed having music with the 30 hz frequencies, and the tremors were gone for several hours after the first treatment. She came in twice per week, and after the third week said that she was not having tremors between the sessions. She was ecstatic. Her left leg was still not as strong as the right, but it was vastly improved. When we had to leave due to the funding cut, her family bought her one of the portable units, and continued to use it with the 30 hz program I provided.