

The Rehabilitative Power of Music

EUYO Musicians Join Forces with Healthcare and Technology Pioneers in Turku

For more than twenty years, Professor Emeritus Seppo Soinila has led **groundbreaking research on the role of music in healing damaged brains**. Soinila's group at Turku University Hospital is affiliated with the Academy of Finland's Centre of Excellence for Music, Mind, Body and Brain.

Music's cognitive benefits have been studied since the 1960s; from around the year 2000, the development of non-invasive brain imaging has made it possible to combine earlier psychological, physiological, and hormonal (chemical) observations with a new level of neurological accuracy. Along with sophisticated methods of functional imaging, it transpired that music actually activates every part of the human brain, inviting profound questions regarding how it may help an injured brain form new connections and hence promote rehabilitation. Of the ca. 200 international studies now published so far, experiments have proved that music stimulates better cognitive performance, attention span, motor control, and reduced depression, anxiety, and confusion in neurological patients. Listening to music also reduces the need for opioid painkillers after major operations.

The research is now joined by a **virtual reality-based technology**: the 360VR Music Healing Delivery System (patent pending) initiated by concert pianist Pauli Kari. This new way of accessing music through virtual glasses will allow people with brain injury, stroke and dementia to experience a concert even if their health does not allow them to go to a concert hall. A particular focus of Soinila's research team is now how to implement a virtual music experience and add value to traditional rehabilitation programmes.

"According to the feedback by the patients and nurses during the VR concerts, they forgot they were in hospital. That truly inspires me to drive this project onwards."

Pauli Kari, pianist

Operational seat:

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A Unique Experience for Europe's Most Talented Young Musicians

For the second year running, musicians from the [European Union Youth Orchestra](#) (EUYO) will visit Turku on 13-15 December to make 360° recordings for use with VR glasses. They will also perform at Turku University Hospital, both for the general public, and privately on the neurological ward and at a nursing home. On 13 and 14 December at 7PM, they will join **PianoDuo ConFuego** (Maria Männikkö and Pauli Kari) and soprano **Pia Pajala** to give two public evening concerts as part of Turku's Kaskenmäki Home Concerts 10th Anniversary Season; the concert of 14 December includes a pre-concert talk by Prof. emer. Soinila at 6PM.

In 2023, EUYO musician David Ruiz Del Canto described their experience providing music for the Tyks/360VR collaboration as marking "**a before and after in my life as a musician and as a person**. This experience has been one of, if not the most, beautiful and meaningful experiences I have ever had."

"Musicians have sensed for centuries that music heals. Now, the growing body of scientific evidence from Seppo Soinila's group in Turku, supported internationally by other researchers, is being combined with a pioneering new method to bring the healing experience of live music to patients for whom access to concert halls is impossible. The use of bespoke 360° music recordings accessed via VR glasses is the vision and brain-child of Pauli Kari, who following an Alpine accident has been devoted to developing this new 'healing through music' programme for more than six years. It is the greatest of privileges, and an honour, for the EUYO to be able to serve such important and inspiring work in partnership with Seppo, Pauli, and their teams."
Marshall Marcus, EUYO Executive & Artistic Director

Press conference | Friday 13 December 2024, 9:30.

Turku University Hospital - meet in the lobby of the main entrance, Hämeentie 11, 9:20.

Kaskenmäki Home Concert | Friday 13 December 2024, 19:00

Address on reservation: kotikonsertit@gmail.com

Informal Public Performance | Saturday 14 December 2024, 13:00

Turku University Hospital Cafeteria

Kaskenmäki Home Concert | Saturday 14 December 2024, 19:00.

Includes (18:00) pre-concert talk by Prof. emer. Seppo Soinila about medical research into the healing effects of music.

Address on reservation: kotikonsertit@gmail.com

Press tickets, further information:
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