

My Personal Sound Plan

Parkinson's Disease Protocol — Calm in Chaos Music Therapy

You can train the brain to listen.

Your Information

My name:	
My caregiver:	
Caregiver phone:	
My doctor:	
Doctor phone:	

My Walking Rhythm

This is the beat speed that works best for your walking. Your caregiver set this during your sessions.

MY BEAT SPEED

(beats per minute) **BPM**

Open calminchaosmt.com/tools on your phone, tap RAS Metronome, and set it to your beat speed. Let the beat play before you start walking.

My Daily Practice

Fill this in with your caregiver after completing the 4 sessions.

When I practice:	Time of day: _____
Where I walk:	e.g., hallway, living room, around the block
How long:	_____ minutes per day
My beat speed:	_____ BPM

How to Start Your Walking Practice

Follow these steps every time you practice. Do not start walking until the beat is playing.

1

Sit down first

Find a chair and sit before you do anything else. Do not try to set up the music while standing.

2

Open the tool on your phone

Go to calminchaosmt.com/tools. Tap RAS Metronome. Set the number to your beat speed.

3

Let the beat play for 30 seconds

Just listen. Tap your foot or hand to the beat. Let the rhythm settle in before you stand.

4

Stand up slowly on a beat

Push up from the chair on one of the beats — use the rhythm to time your movement.

5

Walk with the beat

Each step lands on a click. Left foot, right foot, following the sound. Your cane goes on the beats between your steps.

If I Freeze — What To Do

Freezing happens when your feet stop moving even though you want to walk. It is not a fall — it is your brain momentarily losing the movement signal. The beat can help restart it.

DO NOT DO THESE THINGS WHEN FREEZING:

- Do not try to force your feet forward — this increases fall risk.
- Do not panic or hold your breath — this makes it harder for the signal to return.
- Do not lean forward to try to push through — you may fall.

WHAT TO DO INSTEAD:

- Stop. Stay still. Do not fight it.
- Take a slow breath in and out.
- Listen to the beat playing in your hearing aids.
- Count two beats: one... two... and then step.
- If possible, shift your weight slightly side to side with the beat before stepping.
- Take a wide step — do not shuffle. Aim your foot at a spot on the floor ahead of you.

If the beat is not playing when you freeze:

- 1 Hum or count a steady rhythm**
Start humming or counting one... two... one... two... at your normal walking pace. Your own voice can work as a cue when the phone is not available.
- 2 Look for a line on the floor**
Stepping over a real or imagined line can break a freeze. Look for a tile edge, a shadow, or imagine one.
- 3 Tap your thigh to a beat**
Use your hand to tap a steady rhythm on your leg, then step on the tap.

4**Call for help if needed**

If you cannot restart movement after 30 seconds, call for your caregiver. Do not attempt to force movement alone.

The Kitchen — Special Instructions

Turning in the kitchen is your most common freezing trigger. Use this sequence every time you need to turn around in a small space.

1**Walk to the counter.**

Take your time. Each step on a beat.

2**Stop before you turn.**

Do not turn while still moving. Pause fully.

3**Listen for two beats.**

One... two... feel the rhythm.

4**Turn wide and slow.**

Take a large arc turn — do not pivot on one foot.

5**Pause again after turning.**

Let the rhythm reestablish before walking away.

Things to Remember

MY SOUND PRACTICE REMINDERS

- The beat goes first. Always start the metronome before you stand up.
- Wide steps are safer than shuffling steps — aim for a spot on the floor.
- Turning takes two beats of warning. Never turn while still moving.
- If you freeze, breathe first. Then listen to the beat. Then step.
- Practice every day, even for just 10 minutes. Regular practice builds the pathway.
- Your caregiver can contact calminchaosmt.com if anything changes or you need support.

Emergency Information

Emergency contact:	
Phone:	
My doctor:	
Doctor phone:	
My medications:	