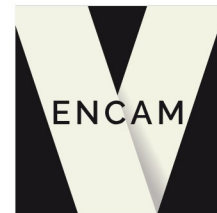




27 A 30 DE MAIO DE 2026

V ENCONTRO DE COGNIÇÃO E ARTES MUSICAIS

UNIVERSIDADE FEDERAL DE SERGIPE



Musicoterapia e fisioterapia em processos terapêuticos integrados: Uma revisão integrativa

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RESUMO

PROBLEMA/QUESTÃO

O desenvolvimento de práticas terapêuticas interdisciplinares tem se intensificado nas últimas décadas, acompanhando a crescente complexidade das demandas em saúde. No campo da musicoterapia, observa-se a ampliação de abordagens clínicas que envolvem colaboração entre diferentes profissionais, ampliando as possibilidades de intervenção terapêutica (McFerran, 2023). Destaca-se, nesse contexto, a interface entre musicoterapia e fisioterapia, na qual a integração de técnicas das duas áreas pode favorecer o desenvolvimento motor, social e cognitivo dos pacientes.

Embora existam publicações que descrevam experiências clínicas envolvendo essas áreas, a literatura ainda é limitada quanto à caracterização dessas práticas, aos protocolos utilizados e aos impactos terapêuticos observados (Vinolo-Gil et al., 2021). Assim, a questão que orienta este estudo é: como ocorrem e quais são os impactos dos processos terapêuticos colaborativos interdisciplinares envolvendo musicoterapia e fisioterapia?

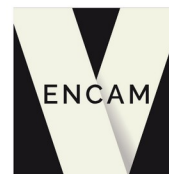
OBJETIVOS

Identificar e analisar como ocorrem os processos terapêuticos interdisciplinares envolvendo musicoterapia combinada à fisioterapia, caracterizando as nomenclaturas utilizadas, os procedimentos adotados, as populações atendidas, os modelos e técnicas empregados e os principais desfechos clínicos relatados.

MÉTODO

Foi realizada uma revisão integrativa da literatura em bases e repositórios acadêmicos como SciELO, LILACS, Journal of Music Therapy, Nordic Journal of Music Therapy, Revista Brasileira de Musicoterapia, Voices e Google Acadêmico. Utilizaram-se descritores em





português, inglês e espanhol relacionados à musicoterapia, fisioterapia, interdisciplinaridade, colaboração e coterapia. Foram incluídos artigos científicos, dissertações e estudos de caso que descrevessem intervenções envolvendo atuação conjunta entre musicoterapeutas e fisioterapeutas. Após a aplicação dos critérios de inclusão e exclusão, foram selecionadas sete publicações produzidas entre 2006 e 2025.

RESULTADOS E PRINCIPAIS CONTRIBUIÇÕES

Foram identificados estudos desenvolvidos nos Estados Unidos (n=5), Noruega (n=1) e Portugal (n=1). Observou-se ausência de consenso quanto à nomenclatura dessas práticas, sendo empregados termos como "abordagem coterapêutica", "programa interdisciplinar de intervenção", "intervenção combinada" e "tratamento colaborativo". As publicações abordaram diferentes populações, incluindo pessoas com síndrome de Rett, pacientes em reabilitação pediátrica, indivíduos com acidente vascular cerebral crônico, déficits de equilíbrio e coordenação após necrose por radiação e doença de Parkinson (Lotan; Elefant, 2006; Aymond; Sanders, 2018; Hale; Slemmons, 2019; Stein; Bergh, 2019; Gomes, 2020; Hemmesch; Kunz, 2020; Ronning; Smith, 2020). As intervenções integraram técnicas de musicoterapia, como improvisação, recriação musical e procedimentos de musicoterapia neurológica, associadas a exercícios fisioterapêuticos voltados ao treino de marcha, equilíbrio e coordenação motora. De modo geral, os estudos relataram melhorias em aspectos motores, funcionais, cognitivos, comunicativos e psicossociais.

CONCLUSÕES

Os resultados indicam que a integração entre musicoterapia e fisioterapia representa uma abordagem promissora para o desenvolvimento de processos terapêuticos interdisciplinares. Entretanto, a produção científica ainda é reduzida e baseada predominantemente em estudos de caso, evidenciando a necessidade de pesquisas empíricas mais robustas que aprofundem a compreensão dessas práticas e contribuam para o fortalecimento de abordagens colaborativas na reabilitação e promoção da saúde.

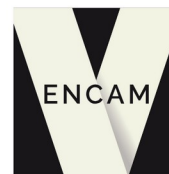
PALAVRAS-CHAVE

musicoterapia, fisioterapia, interdisciplinaridade, reabilitação, colaboração terapêutica

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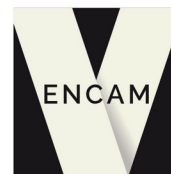
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Music Therapy and Physiotherapy in Integrated Therapeutic Processes: An Integrative Review

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ABSTRACT

RESEARCH QUESTION/PROBLEM

The development of interdisciplinary therapeutic practices has intensified in recent decades, accompanying the increasing complexity of healthcare demands. In the field of music therapy, there has been a growing expansion of clinical approaches involving collaboration among different healthcare professionals, broadening the possibilities for therapeutic intervention (McFerran, 2023). Within this context, the interface between music therapy and physiotherapy stands out, as the integration of techniques from both disciplines may promote patients' motor, social, and cognitive development.

Although previous studies have described clinical experiences involving these fields, the literature remains limited regarding the characterization of these practices, the protocols employed, and the therapeutic outcomes observed (Vinolo-Gil et al., 2021). Therefore, the research question guiding this study is: How do interdisciplinary collaborative therapeutic processes involving music therapy and physiotherapy occur, and what are their clinical impacts?

OBJECTIVES

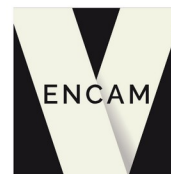
To identify and analyze interdisciplinary therapeutic processes involving music therapy combined with physiotherapy by characterizing the terminology used, the procedures adopted, the populations served, the models and techniques employed, and the main clinical outcomes reported.

METHOD

An integrative literature review was conducted using the databases and academic repositories SciELO, LILACS, Journal of Music Therapy, Nordic Journal of Music Therapy, Revista Brasileira de Musicoterapia, Voices, and Google Scholar. Search terms in Portuguese, English, and Spanish related to music therapy, physiotherapy, interdisciplinarity, collaboration, and co-therapy were used. Scientific articles, theses and dissertations, and case studies describing joint interventions involving music therapists and physiotherapists were included. After applying the inclusion and exclusion criteria, seven publications published between 2006 and 2025 were selected.

RESULTS AND MAIN CONTRIBUTIONS





The selected studies were conducted in the United States ($n = 5$), Norway ($n = 1$), and Portugal ($n = 1$). No consensus was found regarding the terminology used to describe these practices, with terms such as co-therapeutic approach, interdisciplinary intervention program, combined intervention, and collaborative treatment appearing across the studies. The publications addressed diverse populations, including individuals with Rett syndrome, pediatric rehabilitation patients, individuals with chronic stroke, balance and coordination impairments following radiation necrosis, and Parkinson's disease (Lotan & Elefant, 2006; Aymond & Sanders, 2018; Hale & Slemmons, 2019; Stein & Bergh, 2019; Gomes, 2020; Hemmesch & Kunz, 2020; Ronning & Smith, 2020). Interventions integrated music therapy techniques, such as improvisation, musical recreation, and Neurologic Music Therapy procedures, with physiotherapy exercises focused on gait training, balance, and motor coordination. Overall, the studies reported improvements in motor, functional, cognitive, communicative, and psychosocial outcomes.

CONCLUSIONS

The findings suggest that integrating music therapy and physiotherapy is a promising approach to interdisciplinary therapeutic care. However, the available scientific literature remains limited and is predominantly based on case studies, highlighting the need for more robust empirical research to deepen the understanding of these practices and to strengthen collaborative approaches in rehabilitation and health promotion.

KEYWORDS

music therapy, physiotherapy, interdisciplinarity, rehabilitation, therapeutic collaboration.

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