

■ Medihertz RAS Walking Therapy Worksheet

Guided Rhythmic Auditory Stimulation (RAS) for Parkinson's Movement Support

■ Personal Information

Name:	_____	Date:	_____
Age:	_____	Session No.:	_____

■ Baseline Cadence Measurement

1. Count your steps for 1 minute (or 50 steps and time them).
2. Calculate your cadence (steps per minute).

Steps Counted	Time Taken (sec)	Cadence (SPM/BPM)
_____	_____	_____

■ Target Tempo Plan

Use your baseline BPM and increase tempo gradually for practice sessions.

Tempo Plan	+5%	+10%	+15%
Target BPM	_____	_____	_____

■ Daily Practice Log

Record your daily sessions and observations.

Date	Session Time (min)	Tempo Used (BPM)	Mood / Notes

■ Safety Reminders

- Always practice in a safe area free from obstacles.
- Have support or supervision if balance is difficult.
- Stop immediately if you feel dizzy, short of breath, or off-balance.
- Consult your doctor before starting any new exercise routine.

■ Frequency Reference (Medihertz Tone Generator)

You can use the free Medihertz Tone Generator to play rhythmic beats and frequency tones for your RAS practice: - Start with your walking beat tempo (example: 100 BPM). - Try +5% and +10% tempo increase over time. - Optional relaxation tone: 40 Hz low-frequency hum for calmness. Access: blog.medihertz.com/tools/tone-generator