



**Press Release**

**FOR IMMEDIATE RELEASE**

## **Roland Announces Collaboration with Clem Burke Drumming Project**



*Inspired by legendary Blondie drummer Clem Burke, the decade-long project examines the physical and cognitive effects of drumming*

**Las Vegas, NV, January 3, 2023** — [Roland](#), a world-leading innovator of electronic musical instruments and multimedia products, announces its partnership with the Clem Burke Drumming Project (CBDP), aiming to expand the benefits of drumming to everyone through data-driven insights on its benefits to both physical and mental health.

In 2008, inspired by the drumming of legendary artist Clem Burke, scientists sought to uncover the physical demand of “live” drumming. Partnering with Burke, they conducted a series of experiments and studies, including Magnetic Resonance Imaging (MRI) scans, ultimately discovering both groundbreaking physical and cognitive results.

### **Physical Benefits of Drumming**

Through testing inspired by work with the England and Great Britain Boxing Teams, the CBDP found that high-level drummers can exert the same level of energy during a concert as a professional soccer player in a 90-minute match.

In addition, it has proven that drumming can increase the adult heart rate from 60 bpm to 200 bpm, as well as increase breaths per minute from 15 to 50 and produce sweat loss rates of up to 1 liter per hour, all of which demonstrate legitimate physical exercise associated with the activity, and the benefits don't stop there.

### **Cognitive Benefits of Drumming**

On top of the physical exertion, the team uncovered impressive cognitive benefits from drumming. Through their data, CDBP discovered numerous changes in brain function while drumming that can aid with common cognitive development, in addition to that associated with brain injury and specific neurodiverse brain conditions. These include changes to the Mirror Neuron System (MNS), the part of our brain that generates empathy, which could largely benefit those living with conditions such as autism.

Through drumming's unique ability to utilize all four limbs, which often work independently from one another, the brain is forced to adapt, leading to improved pathways between its regions. The CDBP's data showed that this ultimately creates improvements in motor control, movement coordination, working memory, response times, action planning and attentional control among drummers.

### **Looking Ahead**

While this data demonstrates drumming's revolutionary effects on physical, mental and emotional development, the CDBP's work is far from finished. The team, comprised of Professors Marcus Smith, Stephen Draper, Steve Williams, as well as Dr. Ruth Lowry and Clem Burke, in collaboration with Roland, is excited to continue research in order to expand the understanding of further effects and help to bring these health benefits to wider groups of people—even going as far as those living with movement disorders, or rehabilitating from strokes and brain injuries.

To learn more about these scientific discoveries, please visit Roland at CES in Las Vegas, Nevada, on January 5-8, 2023, at LVCC, Central Hall 15301.

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For more details on the project ahead of CES, view the press kit linked [here](#).

### **About Roland Corporation**

*For 50 years, Roland's innovative electronic musical instruments and multimedia products have fueled inspiration in artists and creators around the world. Embraced by hobbyists and professionals alike, the company's trendsetting gear spans multiple categories, from pianos, synthesizers, guitar products, and electronic percussion to DJ controllers, audio/video solutions, livestreaming products, and more. As technology evolves, Roland continues to lead the way for gigging musicians, producers, and beatmakers, providing modern software-based solutions and seamless creative workflows between hardware products, computers, and mobile devices. For more information, visit [Roland.com](https://roland.com) or see your local Roland dealer. Follow us on [Facebook](#), Twitter ([@RolandGlobal](#)), and Instagram ([@RolandGlobal](#)).*

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