



What Is IM?

The Interactive Metronome (IM) is a brain-based rehabilitation assessment and training program developed to directly improve the processing abilities that affect attention, motor planning, and sequencing. This, in turn, strengthens motor skills, including mobility and gross motor function, and many fundamental cognitive capacities such as planning, organizing, and language.

Benefits

Motor planning and sequencing problems have been linked to a variety of developmental, behavioral, and learning challenges. More than a decade of clinical research on IM demonstrates gains in motor planning and sequencing lead to improvements in:

- ❖ **Attention and Concentration**
- ❖ **Language Processing**
- ❖ **Behavior (Aggression & Impulsivity)**
- ❖ **Motor Control & Coordination**
- ❖ **Academic Performance**

The IM program provides a structured, goal-oriented process that challenges the patient to synchronize a range of hand and foot exercises to a precise computer-generated reference tone heard through headphones. The patient attempts to match the rhythmic beat with repetitive motor actions. A patented auditory-visual guidance system provides immediate feedback measured in milliseconds, and a score is provided. Over the course of the treatment, patients learn to:

- ❖ **Focus and attend for longer periods of time**
- ❖ **Increase physical endurance and stamina**
- ❖ **Filter out internal and external distractions**
- ❖ **Improve ability to monitor mental and physical actions as they are occurring**
- ❖ **Progressively improve coordinated performance.**

Who Can Benefit?

Patients that have diagnosed with the following disorders/disabilities have been known to benefit from Interactive Metronome therapy:

- ❖ **Sensory Integration Disorder**
 - ❖ **ADD/ADHD**
- ❖ **Traumatic Brain Injury (TBI)**
- ❖ **Cerebral Vascular Accident (CVA)**
 - ❖ **Autism Spectrum Disorder**
 - ❖ **Cerebral Palsy**
- ❖ **Non-verbal Learning Disorder**
 - ❖ **Balance Disorders**
 - ❖ **Limb Amputation**
 - ❖ **Parkinson's Disease**
 - ❖ **Multiple Sclerosis (MS)**

