

Interactive Metronome - Show Notes

Interactive Metronome (IM) is a patented, computer based, non-invasive assessment and training tool. It works on the neural timing network of the brain, often called our internal clock. This technology measures and provides real-time feedback in millisecond timing.

Training in milliseconds improves brain synchronization and neural efficiency.

Client may wear headphones or listen through speakers and will hear a cow bell sounding tone. They clap or tap to the set rhythm with a hand or foot trigger.

Auditory guide sounds and visual guides provide immediate real time feedback telling them how close they are to being SUPER RIGHT ON within 15 milliseconds of the tone. This feedback helps patients to refine their timing and rhythm to get more in sync. Thousands of repetitions of timed rhythmical movement is practiced to strengthen important connections on both sides of the brain.

IM Training is specific to the individual and their need. The professional therapist will utilize IM within the domain of their professional license.

IM Training can be used by Audiologists, Speech & Language Pathologists, Occupational Therapists, Physical Therapists, Music Therapists, Educators, Certified Athletic Trainers, Rehab and Mental Health Professionals, Psychologists, Medical & Chiropractic Professionals, and Neurologists.

Individuals of all ages from infants to the elderly benefit from improving their timing and rhythm to improve cognitive abilities, speech & language skills, social-behavioral skills, sensory processing, motor skills, academic performance and athletic performance.

Children who are candidates for IM training may include those with ADHD, SPD, Autism, LD, Down Syndrome, CP, Stuttering, Apraxia, Dyspraxia, and Speech/Language Processing disorders.

Adult candidates for IM training include the following: TBI, Stroke, MS, Parkinson's, Prosthetic Limb Ortho/Neuro rehab.

Professional trainers have used IM to train hockey goaltenders, soccer, tennis, basketball, baseball, golf, and figure skating to name a few.

Training sessions are typically found in Pediatric Therapy practices, Hospitals – Inpatient and Outpatient Rehabilitation, Home Health Care, Vision Therapy & Music Therapy practices, Schools & Universities, and High School, College & Professional Athletic Programs.

Patients can also experience IM in their own home through In-Home Training with IM-HOME. Families can purchase the IM-HOME equipment from the Interactive Metronome website (www.interactivemetronome.com). Upon purchase they are assigned a trained IM Therapists that works with them in a tele-practice setting via the internet. This set up is ideal for families with very busy schedules, medically fragile patients, or patients in remote areas.

There are three contraindications for IM training. They are as follows:

- If the client has a documented seizure disorder. Families should consult with their physician first. There have been no documented cases of IM training contributing to seizures, but caution is warranted.
- If a client has Vestibular Sensitivity to the pitch and timbre of the sounds that travel to the inner ear via the semicircular canals. This becomes disorienting or overwhelming then other therapies aimed at improving the tolerance of vestibular information be attempted first and then begin IM later.
- Clients in orthopedic or neurological rehab that have inflammation, pain or edema must wait until these have subsided before resuming IM.

Ideally, IM training is performed 3 times per week for a minimum of 30 minutes. It will depend on the individual's age, condition or diagnosis, stamina and attention. It can be modified to meet the need of the client.