

Rhythm & Timing

Interactive Metronome (IM)

A computer based interactive program based on the traditional music metronome. Sensors that are activated with the hands and feet are used to provide an objective measure of a person's ability to create specific, repetitive movements while maintaining a constant rhythm. The responses are recorded and measured in how many milliseconds before and after the beat that they occur. The program contains 13 different exercise patterns to address motor planning skills. This requires the person to maintain an optimal attention level for an extended period of time.

What type of diagnosis has the IM proven to be effective in treating:

- Attention Deficit Disorder (ADD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Sensory Integration Disorder (DSI)
- Traumatic Brain Injury (TBI)
- Pervasive Developmental Disorder (PDD)
- Autism
- Cerebral Palsy (CP)
- Academics (Reading/Language Processing)
- Athletics (Overall coordination)

How do I get started?

- Contact a Certified provider located at **Stepping Stone Pediatric Therapy, LLC**
- Commit to the program designed by the provider.
- Monitor changes.

Visit Interactive Metronome's website at:
www.interactivemetronome.com

IM Research Studies

ADHD Study: A double-blind, placebo study of 9-12 year old boys diagnosed with ADHD, found that those undergoing IM training showed significant patterns of improvement in attention, coordination, control of aggression/impulsivity, reading and language processing.

Motor Control Study: A comparison of IM trained special education students to a control group found the IM trained group improved significantly in both motor control and motor coordination as measured by independent tests (Bruininks-Oseretsky and SIPT Motor Accuracy).