

HEALTHSOUTH[®]

OCTOBER
2013

focus

BREAKING NEWS!!!

DVBIC research on IM
just published in the
September online issue
of Neuropsychology!

Authors:

Lonnie A. Nelson, Margaret MacDonald,
Christina Stall, and Renee Pazdan

Preliminary findings of a randomized, controlled study concerning the efficacy of IM for remediation of cognitive deficits in active duty soldiers following blast-related mild-to-moderate TBI. The study compared outcomes of standard rehabilitation care alone (OT, PT, SLP) to the same standard rehabilitation care + 15 IM treatment sessions. The group that received IM in addition to standard care outperformed the group who received standard rehabilitation care alone on several neuropsychological measures with medium to large effect sizes. Future publications based upon this study will reveal the results of 6 month follow-up testing (still in process) and analysis of electrocortical (EEG) data.



Effect of Interactive Metronome[®] Therapy on
Cognitive Functioning After Blast-Related
Brain Injury: A Randomized Controlled Pilot Trial

DVBIC funded
study began

AUG
2010

Randomized
Study

Compared
PRE
POST
IM Treatment &
Treatment as Usual

Summary of Cognitive Finds

IM therapy showed
significant improvements in

21 out of 26

cognitive assessments, including:



IM Physiologically

CHANGED
the Brain

50
Combat
Soldiers

AVG
2.9
Blast
Injuries
Each

Time Since
Last Injury:
28.6
MONTHS

Frontal Lobe

Emotions
Reasoning
Attention
Impulsivity

Parietal Lobe

Movement
Orientation
Recognition
Perception of Stimuli
Sensory Integration



EEG showed IM
increased activation
& coordination in the
Frontal & Parietal Lobes

Published in the Neuropsychology journal · September 2013



UPCOMING COURSE SCHEDULE NOVEMBER COURSES

- 11/2 Indianapolis, IN
- 11/2 Inverness, FL
- 11/2 Richland, WA
- 11/2 Denver, CO
- 11/9 Buffalo, NY
- 11/9 San Diego, CA
- 11/16 Pittsburgh, PA
- 11/16 Columbia, TN
- 11/16 Austin, TX
- 11/23 Wakefield, RI
- 11/23 Seattle, WA
- 11/23 Kansas City, MO

DECEMBER COURSES

- 12/7 Phoenix, AZ
- 12/7 San Francisco, CA
- 12/7 Fort Lauderdale, FL
- 12/8 New York City, NY
- 12/14 Cincinnati, OH
- 12/14 Philadelphia, PA
- 12/14 Houston, TX

**USE THESE PROMO
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HSFreeCertLive2013

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HS2013
OnDemand Webinar -
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Register at www.InteractiveMetronome.com/index.php/education.html

EDUCATION UPDATE 3RD QUARTER

43
CLINICIANS
CERTIFIED

FROM 10
HEALTHSOUTH
FACILITIES

HEALTHSOUTH DEACONESS REHABILITATION HOSPITAL
HEALTHSOUTH NITTANY VALLEY REHABILITATION HOSPITAL
HEALTHSOUTH SCOTTSDALE REHABILITATION HOSPITAL
HEALTHSOUTH REHABILITATION HOSPITAL OF AUSTIN
HEALTHSOUTH REHABILITATION HOSPITAL OF COLUMBIA
HEALTHSOUTH REHABILITATION HOSPITAL OF HENDERSON
HEALTHSOUTH REHABILITATION HOSPITAL OF LARGO
HEALTHSOUTH REHABILITATION HOSPITAL OF SARASOTA
HEALTHSOUTH REHABILITATION HOSPITAL OF SPRING HILL
HEALTHSOUTH REHABILITATION HOSPITAL OF TALLAHASSEE

HEALTHSOUTH REHABILITATION HOSPITAL OF MECHANICSBURG
HEALTHSOUTH DEACONESS REHABILITATION HOSPITAL
HEALTHSOUTH REHABILITATION HOSPITAL OF SARASOTA
HEALTHSOUTH REHABILITATION HOSPITAL OF COLUMBIA

HOSTED A COURSE
WILL HOST Q4 COURSE

HEALTHSOUTH FACILITIES THAT HOSTED OR WILL HOST AN IM CERTIFICATION COURSE

FALL RISK REDUCTION PROGRAM

Each year, one in every three adults age 65 and older falls. Falls can cause injuries, such as hip fractures and head traumas, and can increase the risk of early death. 53% of the older adults who are discharged for fall-related hip fractures will experience another fall within six months.

Creating awareness and setting up a safer home environment is only part of the solution. Neurological and Motor therapy ensures better overall mind and body awareness to help further reduce the risk of falling. As such, IM has developed a Fall Risk Reduction Coaching Program.

The program consists of 6 OnDemand modules that teaches an interdisciplinary approach that addresses the musculoskeletal, proprioceptive, oculomotor, vestibular and cognitive/communicative systems with specific therapeutic activities and exercises while emphasizing the foundational skills of timing & rhythm.

HealthSouth employees are encouraged to register for this program.

PROGRAM COST: FREE (\$175 Value)

Enter the following Promotion Code at checkout:

HSFallRiskCoach

Register at www.interactivemetronome.com/index.php/fall-risk-reduction-coaching.html

PROGRAM INCLUDES:



Fall Risk Reduction
Best Practice Kit



Fall Risk Reduction
Exercise Manual

WE COMPLETED 9 IM CLINICAL VISITS IN 3RD QUARTER, HERE IS WHAT SOME PROVIDERS HAD TO SAY . .

"It was really good...I think it gave the team a good refresher and those that hadn't seen it, some curiosity about and an interest in going to course. She was also able to help us troubleshoot some equipment issues we were having and that was very helpful!"

-Corey Swartz, DTO
HealthSouth, Austin

"I had a great visit with Dara, as usual, she always has some new and exciting ways to incorporate IM with some of my most challenging patients. I appreciate that she remembers the time constraints and sometimes the difficulty in setting up specific programs for our patients."

-Josie Gomez, CCC-SLP
HealthSouth San Antonio

"Dara was wonderful. Organized, concise, lively, knowledgeable. Was sensitive to and covered the points I was concerned about. She was able to encourage a few therapists to try IM."

-Susan Aldrich, DTO
HealthSouth Treasure Coast

4TH QUARTER STAND OUT HEALTHSOUTH PROVIDER

NAME

Heather Barr

TYPE OF PROFESSIONAL

Speech-Language Pathologist

YEARS USING IM

9 years

FACILITY NAME

HealthSouth Rehabilitation Hospital of York

LOCATION

York, PA

POPULATION SERVED

Adolescent/Adult/Geriatric IP/OP neurological rehabilitation



WHAT MADE YOU LOOK INTO IM?

To explore the ability to further address neurological deficits, based on the skills IM can help redevelop.

WHAT DO YOU LIKE MOST ABOUT IM?

It's versatility! IM is great and it is even better when you had clinical creativity to enhance your treatment exercises and your patients' outcomes.

WHAT ARE YOUR THOUGHTS ON THE IM UNIVERSE?

Again, having more options is always a plus.

DO YOU INCORPORATE BEST PRACTICES WITH YOUR IM TRAINING?

Almost always!! I completed a live webinar for IM entitled Addressing Post-Concussive Syndrome with IM. In that, I offered many treatment activities to complete in conjunction with IM. After some initial training with IM, I believe in always adding something more to progress the therapy!

HOW DO YOU THINK THE NEW FALL RISK REDUCTION PROGRAM WILL BENEFIT YOUR CLIENTS AT HEALTHSOUTH?

Fall prevention is a very important area for focus. Having a modality that allows a therapist to address musculoskeletal, proprioceptive, oculomotor, vestibular and cognitive/communicative systems in one exercise while performing functional activities, is very helpful in addressing the patient population. Again, taking therapy to another level, to help improve the quality of life for our patients!

WHAT TIPS DO YOU HAVE FOR OTHER IM PROVIDERS?

Share ideas! Be creative! Try IM with any/all patients! If you aren't using it often, reach out to those who are!



HAVE A QUESTION?
CALL 877-994-6776 OPT. 5

 **interactive
metronome**
www.InteractiveMetronome.com



If you haven't updated to the IM Universe, now is the time to go for a test drive!

"It is wonderful! Our patients are loving it...it is so much more engaging!"

-Stephanie Boyer, M.S. CCC-SLP
HealthSouth Rehabilitation Hospital of
N. Alabama Outpatient Speech Therapy

We recommend installing IM Universe on a Windows computer with at least Windows 7 installed and/or a Apple computer with at least OSX 10.6 installed.

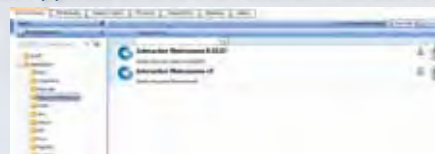


Here's how:

If you need assistance with the install, please contact the ITG Service Desk at 800-646-9404

Go to the link below or copy and paste into your browser:
<http://selfservice.healthsouth.com/ESD/Packages.aspx>

Click the + beside Application and then click on Interactive Metronome.



Click on the shopping cart picture for Interactive Metronome v9 and click Checkout. Click on the button for "Me on machine XXXXXXXXX" then click "Next" in the upper right corner.



Then click "Complete Request"



For Additional Information visit: www.interactivemetronome.com/index.php/healthsouth-support.html



13798 NW 4th Street, Suite 300
Sunrise, FL 33325

www.InteractiveMetronome.com



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