



**Hi! Interactive  
Metronome can now be  
done at home with me!**



### **IM-Home Helps Boy with Asperger's Regain His Confidence!**

"John" is a 9-year-old boy who was diagnosed with Asperger's at the age of 3 and at age 4 he was diagnosed with PDD-NOS. He also has auditory processing and motor coordination delays. His parents contacted IM directly for the IM-Home as a virtual client. He worked with an OT, April Christopherson, who lives in a different state and never physically saw him. John's mother oversaw the treatment while April set up the training plans. They communicated with frequent emails and phone conversations to work out any questions or concerns. Following the IM-Home training, John's mother reports that he has improved in overall motor coordination, self regulation, focus, organization, and academic performance. He is also demonstrating improved coordination and motor planning while playing soccer and participating in tae-kwon-do. John has more confidence in himself and continues to show areas of improvement, after the training was complete.



*April Christopherson, OTR/L has been an IM Provider for 3 years and is an independent contractor in Colorado Springs, CO. In addition to her local client base, April has expanded her practice by adding IM-Home and is now treating many clients virtually to reach a diverse geographic population, including internationally.*



### **What is IM-Home?**

IM-Home is the at-home version of the Interactive Metronome (IM). For years, IM has been helping children & adults make functional gains in every day life. These gains range from walking to talking and reading to writing. IM is a research backed training program that has been shown to improve:

#### **COGNITIVE DEFICITS**

- Attention & Concentration
- Motor Planning & Sequencing
- Language Processing
- Behavior (Aggression & Impulsivity)

#### **PHYSICAL DEFICITS**

- Balance & Gait
- Endurance
- Strength
- Motor Skills
- Coordination

### **Stroke Patient Uses IM-Home and Enjoys Life Again!**

"Will" is a 72-year-old male who suffered a left temporal lobe stroke started IM-Home 60 days post discharge from inpatient therapy. His main complaints were: right side weakness, fatigue, irritability, focus, concentration, emotional instability, and memory



problems. Will's daughter, who was familiar with IM, oversaw his home training. Using both sides of his body, he trained 3-4 times per week, working up to 1800 repetitions with IM-Home. After he completes his IM-Home exercises for the day he then challenges his brain with cognitive skill building exercises. Today, Will reports that he is happier, has more energy, less fatigue, and has better working memory. He is now able to enjoy yard work and recreational activities with his wife and grandchildren again. Will continues to train with IM-Home to maintain and improve his level of motor and cognitive functioning.

