

What is IM?

Did you know that your internal clock helps your body focus attention, process speech, remember information, control motor movements and even wake up every morning. This timing of the brain, also known as "Temporal processing," is so fast that it must be measured in milliseconds (ms). Interactive Metronome® (IM) is an engaging therapeutic modality that improves cognitive and motor skills by working on your brain's natural timing and rhythm. Incorporating IM into a client's therapy can more efficiently target this timing deficit, leading to more substantive gains in brain function. IM provides an objective method for measuring deficits and for tracking improvement. IM is used to improve:

- Attention
- Balance
- Bilateral Coordination
- Fine and Gross Motor Skills
- Motor Planning & Sequencing
- Sequencing for ADLs & IADLs
- Self-monitoring & Self-control
- Sensory Integration

**Staying on Course:
Using Interactive
Metronome® to
maintain improvements
and exceed goals.**



Micah

"Micah" is a young boy who attends a school for gifted students. He has auditory processing and SI concerns. Additionally, while he hasn't been diagnosed with ADHD, it does run in his family and he has been having trouble maintaining focus in school. Micah's Pre LFA scores were between 73-226 ms. He only attended 11 sessions because of financial considerations and the impressive results already being seen; however, more IM has been recommended if Micah is ultimately diagnosed as ADHD.

Micah's Interim LFA showed improvement, and his final LFA scores were between 24-112 ms. More importantly, Micah's mother immediately reported fantastic results; Micah regained focus, his penmanship improved and he began completing his classroom task. At home, Micah's mother reported the same impressive results. Micah was experiencing less intense emotional meltdowns, and less often. Unfortunately, Micah was unable to continue his therapy and some of the results have been lost; however, the Interim LFA shows that he never plateaued with IM training and should be able to recapture those gains.

Lauren

"Lauren" is a high school student in advanced-placement (AP) classes. Although she is motivated, competitive and confident, she feels like she has lost her ability to focus and wants to improve at lacrosse. Her initial scores on the Pre-Long Form Assessment (LFA) were between 48-403 ms. After 14 IM sessions, her Interim LFA showed scores between 16-56 ms. Lauren did not take the Final LFA, but the Interim findings point to a vast improvement. Even after only a limited amount of time with IM, Lauren reports that she is finishing her homework faster, she has improved her lacrosse drills and she feels more focused.



IM Universe

IM Universe is an all new training package designed to push your clients' performance to the next level. IM Universe has a redesigned user interface, games, wallpapers and tons of extras to keep your patients excited about therapy. Now, users can seamlessly transition from clinical IM training to IM Home, all without losing a beat.

Newly customizable controls allow the therapist to alleviate frustration for beginners, or even increase the difficulty for advanced clients. The 11 new games will keep clients of all ages entertained. Adults may enjoy trying a puzzle or working in the Zen Garden, and children will forget about therapy when they start playing Space Invaders or Hoops. Also has 28 new wallpapers and background music!



A study published in the Sept. 28, 2012 Communications Disorders Quarterly reveals that students who received 15 minutes of IM training four days a week in addition to language and reading intervention demonstrated significant improvement in reading rate, fluency, and comprehension over students who only receive language and reading instruction.

BAYLOR
UNIVERSITY



Don't neglect your brain any longer! IM-Home is the solution for a busy life that requires therapy. IM-Home conveniently allows those in need the opportunity to train in the comfort of home. Individualized training plans are still created and managed by the Provider, but clients can train anywhere at any time and still get the benefits as in the clinic. See what 1 hour a week can do for your clients!

*Note you must be an IM Provider and own/rent the IM Pro equipment to provide IM-Home.

www.IMHome.org



877-944-6776

www.InteractiveMetronome.com