

  
**Kandyc**

## Interactive Metronome Helps Teens Improve in School & Self-Confidence

  
**Smith**

### What is Interactive Metronome?

Interactive Metronome (IM) provides a structured, goal-oriented process that challenges the patient to synchronize whole-body exercises to a precise computer-generated reference beat.

The patient attempts to match the rhythmic beat with repetitive motor actions. An auditory-visual guidance system provides immediate feedback measured in milliseconds, and a score is provided.

IM integrates sight, sound and physical movements to improve:

- **Working Memory:** The ability to store information and ideas. Memory is essential for word recognition, comprehension of complex sentences and learning.
- **Attention:** The ability to focus on information, tasks and ignore distractions.
- **Processing:** The rate at which the patient is able to accurately perceive and manipulate information.
- **Sequencing:** The placing of detailed information in its accustomed order, for example: days of the week, the alphabet or long division.



### IM Helps Teen Boy Improves Reading Fluency & Self-Esteem

**Smith**, a 13-year-old boy, his parents sought out speech therapy because he was not making good grades in school. He especially struggled in math, and didn't like to read. His personal goals were to do better in 8th grade, make more friends, play a sport, and be able to finish a task. According to Smith, he was "never very good at anything".

Smith went specifically for Interactive Metronome (IM). Smith was extremely motivated from the very beginning of his IM sessions. He really tried to reach his goal of making bursts of four in a row each session.

As treatment progressed, his therapist commented that she witnessed a teenage boy go from a state of introversion to someone who would smile, talk and thoroughly enjoy each session. His mother saw changes not only in his self-esteem but by the time Smith finished IM he was reading more fluently, his grades had improved and he was enjoying life in general. Both Smith and his mother could not express in words how thankful they were for the IM program.

As for his goal to play a sport, he's very excited to be on the basketball team this semester!

### IM Helps Teen Girl Gain Self-Confidence & Improve Grades

**Kandyc** is an extremely shy 14-year-old girl with low self-esteem who had an unspecified learning disability and coordination problems. She was failing her high school classes and hated school, so much so that she wanted to home school. Kandyc's mother noted that she was sad, had a lack of direction and was generally unmotivated. After hearing about Interactive Metronome (IM), her mother became hopeful that Kandyc's grades might improve and that she might become more motivated.

Kandyc began the program and tried her best in each session to make good scores. After a short while her therapist noted that Kandyc was starting to come out of her shell; she was making much more consistent eye contact and really enjoyed her sessions. At home, Kandyc's mom noticed improvements too; she did her homework without being told, and even started reading in her free time.

Kandyc stayed in school and proudly passed the ninth grade and is now in tenth grade. She is noticeably more self-assured and confident. With her improved coordination and increased confidence, she plans to try out for the soccer team in the spring!

