



## IM UNITS AVAILABLE FOR YOUR FACILITY

We are excited to announce that HealthSouth has negotiated a new contract with Interactive Metronome reducing the cost of an IM station to almost half!

40 more IM stations are now available to be placed in your facility at this reduced cost. Please contact Cheryl Miller (Cheryl.Miller@healthsouth.com) to obtain one for your facility.

Interactive Metronome offers HealthSouth exclusive free CEU courses, including Live Certification, Self-Study Certification and varied Webinar topics. Be sure to take advantage of these continuing education opportunities. See the schedules in this newsletter for details.



## **METRONOME THERAPY AN EFFECTIVE TREATMENT TOOL FOR PARKINSON'S PATIENTS**

By: Kristine Brown, HealthSouth Rehabilitation Hospital of Southern Arizona, Tucson, Arizona

Interactive Metronome Therapy (IM) is a new technology used as a treatment tool for Parkinson's patients, but it is actually based on an old concept - the metronome. For any of you who have ever played piano, you know that the metronome is a device used to keep time-tick-tock, ticktock, if you think about it, doing the same task over and over again at a perfectly consistent interval requires a lot of concentration and energy. With Interactive Metronome therapy, a Parkinson's patient is trained to do just that - to keep time by performing repetitive tasks such as clapping their hands or stomping their foot at regular intervals. The IM signals the patients with a cowbell-like ring to let them know if they are either falling behind or going too fast in their task. While these tasks might appear simplistic, the Interactive Metronome measures accuracy down to the millisecond and it is surprising how challenging it really is to achieve a perfect score!

The goal of Interactive Metronome therapy is to improve symptoms of Parkinson's patients struggling with issues such as rate of processing, attention, impulsivity, speech, and cognition. There appears to be a positive correlation between the increased accuracy of patients in their IM therapy sessions and their improved Parkinson's symptoms.

Michael Lobell, MD, a Tucson physician and Parkinson's patient currently undergoing IM therapy, attests to its efficacy with diminishing his Parkinson's symptoms. He said, "The

## **INTERACTIVE METRONOME 2008 CERTIFICATION COURSE SCHEDULE**

4/12	Huntsville, AL
5/3	Conroe, TX
6/21	Concord, NH
7/26	Sunrise, FL
9/6	Columbia, MO
10/4	Brooksville, FL
10/18	Reading, PA
11/8	Topeka, KS
11/22	Princeton, WV

Join us for a one-day workshop leading to full Interactive Metronome (IM) Certification. IM is a cutting-edge neurological assessment and treatment tool that is redefining traditional expectations for pediatric and adult therapy outcomes. Learn how thousands of practitioners around the country and globally are using IM to improve cognitive, communicative, behavioral and motor deficiencies in patients who suffer from a host of debilitating conditions.

**\* 8.0 contact hours (AOTA & ASHA) are offered pending successful completion of a written exam at the end of the course.**



### *METRONOME THERAPY continued...*

reason that I came to HealthSouth initially was for impulsivity. Since I began my speech therapy, my entire outlook has changed. My

impulsivity is better and my speech patterns are slower. The Interactive Metronome seems to be an effective and important tool.”

While IM therapy is relatively new, it is gaining popularity worldwide. There are more than 2,000 IM-certified therapists in more than 1,500 clinics, hospitals and universities in the U.S. and abroad. It has also received media attention by the CBS Early Show, CNN News, and US News and World Report. The Interactive Metronome therapy is an option for patients who are seeking new ways to complement their existing treatment regimen without adding new medications.

A typical course of treatment with IM is 10-12 sessions and each session will last approximately one hour.

For further information on where the therapy is available, call 877-994-6776, ext. 230.

Adapted from the January 2007 Winter Newsletter of the APDA Arizona Chapter

## HOW DO I REGISTER FOR AN INTERACTIVE METRONOME COURSE?

1. Go to [www.inside.healthsouth.com](http://www.inside.healthsouth.com)
2. Click on site index
3. Click on ip clinical education department
4. Click on calendar and on course you want to attend
5. OR click on view (upper tool bar) new sessions by course, click on + (plus sign) then click on little heads icon for session you want to attend
6. Click on new enrollment request
7. Click on globe next to students name
8. Type in last name ONLY – do not put a space, comma or first initial)
9. Click on go
10. Click on appropriate name
11. Fill in remaining information (including checking appropriate discipline
12. Click on submit



Contact Al Guerra, HealthSouth's Corporate Contact, with any questions at [aguerra@interactivemetronome.com](mailto:aguerra@interactivemetronome.com) or 321-759-5522

## 2008 WEBINAR SCHEDULE

### **Wed, Apr 9, 1-2 pm EST, 0.1 AOTA CEU**

Use of IM to Improve Functional Mobility with Neurologically Impaired Adults, Shelley Thomas, PT

### **Wed, May 14, 1-2 pm EST, 0.1 AOTA & ASHA CEU**

Making IM Home Work for Families, Mary Jones, OT

### **Wed, May 28, 1-2 pm EST, 0.1 AOTA & ASHA CEU**

Group IM Training, Jonathan McKee, OT

### **Wed, Jun 11, 1-2 pm EST, 0.1 AOTA & ASHA CEU**

Use of IM with TBI patients, Dillen Hartley, OT

### **Thurs, Jun 26, 1-2 pm EST, 0.1 AOTA & ASHA CEU**

Improving Visual Attention & Processing with Visual-Only IM, Amy Vega, SLP

### **Thurs, Jul 10, 1-2 pm EST, 0.1 AOTA & ASHA CEU**

Improving Visual Attention, Processing & Executive Functions with IM- Supplementary Tasks, Amy Vega, SLP

### **Thurs, Jul 24, 1-2 pm EST, 0.1 AOTA & ASHA CEU**

Using IM to Address Different Goals at Various Stages in the Pediatric Patient's Treatment: A Case Study, Christine Einboden, OT

### **Wed, Aug 13, 1-2 pm EST, 0.1 AOTA & ASHA CEU**

Integrating IM in our Treatment of Autism, Apraxia, ADHD, CAPD, and Reading Disorders: Digging Deeper, Janey Tolliver, SLP

### **Wed, Aug 27, 1-2 pm EST, 0.1 AOTA & ASHA CEU**

Strategies to Preserve Function and Independence: IM and Parkinson's Disease, Karen Farron, OT

### **Wed, Sep 10, 1-2 pm EST, 0.1 AOTA & ASHA CEU**

Use of IM to Improve Switch Activation and Ambulation in a Young Near Drowning Victim, LorRainne Jones, SLP

### **Wed, Oct 8, 1-2 pm EST, 0.1 AOTA & ASHA CEU**

IM for Sensory Integration: Special Considerations, Mary Jones, OT

### **Wed, Nov 12, 1-2 pm EST, 0.1 AOTA & ASHA CEU**

Use of IM with Minimally Conscious Patients: A Functional Approach is Critical to Success  
Sherry Kolodziejczak, OT

### **Wed, Dec 10, 1-2 pm EST, 0.1 AOTA & ASHA CEU**

IM and the Autism Spectrum, Wendy Harron, OT & Patricia Hove, OT

