

# Reaching ADL Goals in Home Healthcare with Interactive Metronome



## Course Description:

The Interactive Metronome (IM) facilitates neural timing and synchronization for coordinated movement and thinking that are necessary for performing self-care activities and ADLs independently and safely in the home environment. See how IM lends itself to being used throughout a therapy session in flexible and creative ways to both motivate patients and encourage greater independence. This course will outline therapeutic activities and techniques that therapists can easily incorporate into therapy tomorrow.

**\*Contact hours are offered pending successful completion of a written exam at the end of the course.**

## Target Audience:

This course welcomes the following professionals who have completed the Interactive Metronome Certification Course.

- Occupational Therapist
- Certified Occupational Therapy Asst
- Physical Therapist
- Physical Therapy Asst
- Athletic Trainer
- Licensed Medical, Rehabilitation or Mental Health Professional

## Instructional Level:

Advanced

## Learning Outcomes:

Upon completion of this course, participants will be able to:

- Identify patients in the Home Healthcare setting that would benefit from incorporating training for timing & rhythm (via Interactive Metronome) into therapeutic ADL activities;
- Implement therapeutic activities to improve ADL function that incorporate training for timing and synchronization for optimal motor coordination, use of affected side, attention, memory, visual scanning & tracking, sequencing, decision-making, problem-solving, and impulse-control.

**\*Note: This course covers information that pertains to licensed therapists and therapy assistants. COTA and PTA professionals must practice IM under the supervision of a licensed OT or PT.**

## Instructor:

**Heather Cross, OTR/L**, has been an Occupational Therapist for 17 years. Her scope of practice has included hand therapy, orthopedic rehab, home health, school based therapy, acute care, and pediatrics. She is the co-owner of Performance Advantage, LLC in Colorado Springs, CO. Her current clientele includes a population that ranges from pediatrics to adult. She also works with high performance and pro athletes. She uses a holistic approach with all of her clients; utilizing various medical professions, treatment techniques, functional neurology, and metabolic/nutritional counseling.

Heather received her BS in Occupational Therapy from Colorado State University in 1993. Since that time she has been an advocate of continuing education and sponsoring students in their fieldwork assignments at all levels. She has furthered her education through various courses and self study over the last 17 years. Recent courses taken have been chosen to help with her belief that clients can recover neurological functioning at all ages. Some of these programs include: the Listening program, the Alert Program, Sensory integration techniques, and studies in neurology. Heather uses Interactive Metronome as part of an intensive neurological treatment option for qualified clients and as an introductory functional treatment option for pediatrics. She is a huge proponent of the Interactive Metronome following several years of great success using IM with her clientele.

## Disclosures:

**Instructor Financial Disclosure(s):** Heather is the author of course materials that focus on the clinical application of Interactive Metronome technology, for which she has received honoraria from Interactive Metronome, Inc. She does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored. Heather is also an instructor for Interactive Metronome, for which she receives a fee for teaching each course and

reimbursement of travel expenses from Interactive Metronome, Inc. She provides clinical consultation to IM providers and receives a consulting fee from Interactive Metronome, Inc for these extended educational services. Heather does not sell or receive compensation for the sale of Interactive Metronome products.

**Instructor Nonfinancial Disclosure(s):** Heather uses the Interactive Metronome in clinical practice at Performance Advantage, LLC.

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**Agenda (60 minutes):**

- Speaker introduction & disclosure
- Identifying appropriate patients
- Examples of pre-ADL exercises and deconstructing ADL activities in the home setting
- Examples of ADL and functional activities using the Interactive Metronome in a home setting
- Parent/caregiver education needs
- Sample progression for therapy
- Documentation and billing
- Take-home messages and extra tips
- Online post-test & course evaluation

**Instructional Methods:**

LECTURE, PPT, PHOTOS, VIDEOS

**CEUs Offered for:**

0.1 AOTA / 1.25 NBCOT PDUs (OT/COTA)

PT/PTA & Other Disciplines Not Listed Above: If your discipline or state is not listed above, you may submit paperwork to your state board or association for CEUs if they allow you to do so. Please check with your state board/association prior to registering for this course.

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