

Interactive Metronome Fall Risk Reduction Program Designing an Exercise Program, Module 4

Patient Name: _____ Date Assessed: _____

Age: _____ Treating Diagnosis: _____

IM Phases 1-3:

Before you begin to perform exercises specific to impaired balance systems identified in Module 3, complete IM phases 1-3. Refer to your IM Certification Course for further information about these phases.

- Phase 1: Learn the Reference Tone
- Phase 2: Learn the Guide Sounds
- Phase 3: Develop Basic Timing

Phase 4: Generalize Timing Skills

In this phase, the patient begins to perform specific exercises targeted at impaired balance systems. Have your patient perform four of the exercises you selected in Module 3 and document the task and variability average. You will use this data to make a decision if the exercise selected needs to be modified to make it easier or more difficult.

Complete the following table and compare the task average to the Long Form Assessment and/or Short Form Test that was administered when evaluating the patient.

Long form task average: _____

Short Form task average: _____

Fall Reduction Exercise	Task and Variability Average	Are scores higher or lower than baseline assessments?	If higher, make exercise easier. If lower, make exercise harder.	
			Challenge Domain to Modify	Exercise Modification
<p><i>Example:</i> Clapping hands, standing on uneven surfaces with eyes open</p>	189 ms	Higher. LFA task average was 120 ms	Posture	Instead of clapping both hands, hit trigger with one hand and hold onto back of chair for support with other hand.

Have the patient perform the exercises again, only with the modifications documented above. Did this change their performance?

Modified Fall Reduction Exercise	Task and Variability Average	What changes in the task and variability average occurred?

Administer the short form test routinely (every 2-3 sessions) to maintain a “baseline” task average. Use the short form task average to compare with exercise performance scores. Although not an exact science, this will give you an idea if an exercise is more or less challenging than the short form test. You can also compare exercise perform to the short form test modified with a dual task in Module 2.

In Module 5, we will discuss creating a home exercise program. Keep this information as it will be used in the next module.

Questions? Please email dara.coburn@interactivemetronome.com.