Her hopes to attend IM at a frequency of 3 x 60 mins per week was based on her observations of her grandchildren's schedule and progress. My first step then, was to explain that each IM program is unique in its duration, content and frequency, based on individual differences and medical/learning needs. For Joanne, I recommended a frequency starting at one session per week and then progressing up to 2-3 x per week. This allowed for a gentler exposure of neurological challenge to the brain. This proved to be the 'just right' frequency, as Joanne described feeling 'wiped out' after each session and taking 1-2 days to recover both physical and mental stamina. This then was our measure, and we increased difficulty; duration and frequency gradually over a three-month period.

With increased physical and mental stamina came also an increased desire to return to activities within the church and family. As a therapist I was concerned (and a little frustrated!) that we were just reaching the point where Joanne could tolerate more sessions per week - but now she was becoming unavailable to come in to see me! It was here then that the IM Home Program came into play. With the ability to work with Joanne twice a week, I then set up supplemental IM sessions that she could complete at home. Joanne was thrilled and diligently structured the IM Home into her daily routine, resulting in more rapid improvements and ultimately discharge from my services. As with many conditions, Joanne continues to use the Metronome to keep her grounded in her Mental acuity and physical pacing during her daily routines. The impact of the Interactive Metronome Program on her life has been so significant that she described IM as not only 'giving her back her life' but as becoming a 'positive part of her life'. The last I heard of Joanne, she was still testing both her personal boundaries and the boundaries of IM Home - taking her unit on a week cruise in the Caribbean!

“And a good time was had by all!”

Mary Jones, OTR/L
Owner-Operator Sensational Kids, LLC
Bradenton, Florida, USA
Co-Owner and Trainer for
New Brain Technologies, UK, Ltd.

www.interactivemetronome.com
www.imhome.org
Ph: 877-994-6776