

# Using the Interactive Metronome in Shoulder Rehabilitation



## Course Description:

To understand and adapt the Interactive Metronome technology, the rehabilitation professional must have a good understanding of the benefits of the IM program related to the anatomy, physiology, kinesiology of the shoulder. With a good knowledge of the impact of IM on impairments of the shoulder, the clinician can develop a candidacy for the program and adapt the technology appropriately. **\*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 Professional

## Instructional Level:

Advanced

## Learning Outcomes:

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

1. Demonstrate an overall understanding of the anatomy and kinesiology of the shoulder and how this neuromuscular balance can be disrupted and how IM may affect this balance.
2. Determine the candidacy of a patient for the IM assessment and training and modify the application of IM based on the patient's functional and baseline impairments related to general orthopedic or post surgical conditions of the shoulder.
3. Use the IM as an assessment tool for patient baseline and functional performance
4. Follow guidelines to progress a patient through the phases of IM treatment to supplement an existing rehabilitation program based on stages of recovery for the shoulder.
5. Demonstrate good knowledge of the different exercises that can be adapted to IM treatment philosophy and methodology.
6. Modify the IM settings to achieve a just right challenge based on impairments.
7. Evaluate patient success and discharge recommendations.

**\*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:

**Andrew Dillen Hartley, OTR/L** graduated from the University of Pretoria, South Africa, school of Occupational Therapy in 1995 and moved to the USA in 1996. He is co-owner of Advanced Therapy Solutions, Inc, an outpatient Physical and Occupational Therapy practice serving clients of all ages in five locations. Mr. Hartley has 14 years of clinical experience and is trained in multiple treatment approaches with both adults and pediatrics. His interests include the treatment of deficits related to stroke, traumatic brain injury, Autism, development disorders, sensory processing disorders, ADHD, ADD and learning disabilities in infants, children and adults. His experience with sensory integration, neuromuscular re-education, brain gym, vision therapy, environmental adaptation, Tai-Chi, yoga and technology based treatment approaches for all ages has served him well as a presenter of certification courses, webinars and professional seminars. Mr. Hartley serves as a clinical advisor for Interactive Metronome and other "Therapy based" companies in research, protocol and practice development areas.

**Instructor Financial Disclosure(s):** Dillen is an active member of Interactive Metronome's Clinical Advisory Board, for which he receives an annual honorarium from Interactive Metronome, Inc. He is the author/co-author of numerous courses that focus on the clinical application of Interactive Metronome technology, for which he has received honoraria from Interactive Metronome, Inc. Dillen does not receive royalties or any other form of compensation for the continued publication and use of educational materials he has authored/coauthored. Dillen is also an instructor for Interactive Metronome, for which he receives a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. Dillen does not sell or receive compensation for the sale of Interactive Metronome products.

**Instructor Nonfinancial Disclosure(s):** Dillen co-owner of Advanced Therapy Solutions where Interactive Metronome is used in clinical practice.

**Course Content Disclosure:**

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**Agenda (60 minutes):**

- Speaker introduction & disclosure
- Role of Interactive Metronome (IM) in Shoulder Rehab: Active Shoulder Motion & Muscular Balance
- Assessment
- Videos: Intervention
  - Surgical patients
  - Non-surgical patients
- Q & A
- 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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