

# Use of IM to Improve Functional Mobility with Neurologically Impaired Adults



## Course Description:

Common abnormal movement patterns seen after a neurological injury or with progressive neurological conditions include poor anterior weight shift, decreased trunk and pelvic rotation, inability to maintain midline orientation with functional mobility, and decreased balance with gait and transfers. This course reviews normal human movement with transfers, gait, and stairs. Treatment plans incorporating interactive metronome are helpful in improving functional mobility, both the quality and speed of movements. Interactive Metronome (IM) exercises are presented that target specific improvements in common movement impairments seen in neurologically impaired patients.

## Target Audience:

- Occupational Therapist
- Certified Occupational Therapy Asst
- Physical Therapist
- Physical Therapy Asst
- Athletic Trainer
- Licensed Medical Professional

## Learning Outcomes:

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

1. Identify normal human movement patterns
2. Adapt Interactive Metronome (IM) treatment tasks to facilitate improvement in midline orientation, trunk rotation, and anterior weight shift.
3. Understand the progression of IM exercises and be able to choose exercises based on patient's level of impairment.

**\*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:

**Shelley Thomas, MPT** received her physical therapy degree from the Mayo Clinic in 1999 and is currently the Director of Rehabilitation at Idaho Elks Rehabilitation Hospital in Boise, Idaho. She has worked primarily adults with neurological and general medical issues and has embraced incorporating Interactive Metronome and Gait Mate into treatment sessions. She serves as the lead therapist at her facility working with physical, occupational, speech, and recreational therapists to educate them about how to incorporate IM and Gait Mate into their treatments to improve functional outcomes. Shelley has been teaching IM Certification Courses since 2008 and has contributed to the development of the Gait Mate Certification Course.

**Instructor Financial Disclosure(s):** Shelley is an active member of Interactive Metronome's Clinical Advisory Board, for which she receives an annual honorarium from Interactive Metronome, Inc. She is the author/co-author of courses 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/coauthored. Shelley 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. Shelley does not sell or receive compensation for the sale of Interactive Metronome products.

**Instructor Nonfinancial Disclosure(s):** Shelley uses the Interactive Metronome with patients at Idaho Elks Rehabilitation Hospital in Boise, Idaho.

## Course Content Disclosure:

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**Agenda (60 minutes):**

- Speaker introduction & disclosure
- Phases of gait cycle & determinants of gait
- Importance of trunk, pelvic, and foot rotation to achieve normal gait kinematics
- Identifying patients who will benefit from use of the IM with pre-gait and gait training activities
- Adapting IM treatments to target improvement in trunk, pelvic, and foot rotation to improve gait kinematics

**Instructional Methods:**

LECTURE, PPT, PHOTOS

**CEUs:**

This course is not offered for CEUs.