Interactive Metronome: Focused Review and Practice for Rehabilitation of Adults

V10/12/26

Refresh your skills with Interactive Metronome (IM) in order to most effectively address cognitive, communicative, motor abilities in the patients you serve.

Course Description:

Interactive Metronome (IM) increases the rate and effectiveness of rehab interventions by synchronizing fundamental neural network communication, leading to better outcomes in the areas of cognitive, communicative, sensory, & motor function. This LIVE (interactive) certification refresher course is specifically designed for therapists and medical professionals in the adult/geriatric rehabilitation setting. The purpose is to refresh your memory regarding IM basics and to provide you with practical strategies so that you can begin incorporating IM into treatment today.

Topics will include:

- **IM Fundamentals:** Brief review of the nuts and bolts for those who were certified, but haven't yet implemented IM in practice or haven't used it in a while
- **Candidacy:** Which adult/geriatric patients on my caseload would benefit from IM?
- **IM Assessment:** How do I interpret IM scores? How do I use them to establish a treatment plan? Monitor and report progress? Know when to discontinue IM treatment?
- **Documentation:** How do I document IM assessment results? Write goals for IM treatment? Document IM treatment?
- **IM Treatment:** How do I get started? What are some considerations for my practice setting? How do I adapt and individualize IM? How much time should I spend on this each session? How many sessions are typically needed to see results? What outcomes should I expect to see?
- **Fall Risk Reduction Overview:** What is the role of IM in fall risk reduction? How does it differ from and improve upon current standard of care? Where do I find the IM Fall Risk Reduction treatment protocols? What evidence-based assessment tools are recommended to objectively measure results?
- **Question & Answer:** Bring your questions!

This course is intended for practitioners that are already IM Certified. You must have the IM equipment at your disposal to take this course. Please reach out to our Education Department: education@interactivemetronome.com PH: 954-385-4660 Opt 5 if you require an equipment loan.

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

Target Audience:

This course welcomes the following professionals:

- Speech and Language Pathologist
- Speech and Language Pathology Assistant
- Occupational Therapist
- Occupational Therapy Assistant
- Physical Therapist
- Physical Therapy Assistant
- Athletic Trainer
- Licensed Medical, Rehabilitation or Mental Health Professional
- Music Therapist

Instructional Level:

Intermediate

Learning Outcomes:

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

- Describe the central role of timing and rhythmicity to occupational performance, include temporal integration research and evidence.
- Describe and demonstrate the application of interactive time-skills training technologies on performance-based treatment environments.
- List a minimum of 3 criteria for selecting adult/geriatric candidates for time-skills training applied within the context of functional activities.
- Demonstrate sequential knowledge of setting up and applying time-skills training technologies.

- Describe time-skills data collection including scoring, assessment and progress monitoring.
- List at least 3 considerations for documenting time-skills functional assessment and applying time-skills performance at the millisecond level within occupation-based goals.
- Explain at least 10 methods for grading time-skills training activities to address areas of functional challenge.
- Describe a minimum of 3 areas of impact when timing & rhythm training is included in fall risk assessment and intervention.
- List 3 evidence-based tools for fall risk assessment.

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

Specific Learning Outcomes for Speech-Language Pathologists and Audiologists:

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

- Describe the steps in sequence for setting up IM equipment for use with patients;
- List at least 3 criteria for selecting adult/geriatric candidates for IM treatment in order to improve speech, language and cognitive-communicative skills;
- Locate IM reports and scores, and refer to Indicator Table for normative comparison;
- Describe at least 3 considerations for documenting IM assessment and establishing measurable therapy goals for the treatment of speech, language and cognitive-communicative impairments;
- List 10 settings that may be adjusted to individualize IM treatment (Exercise, Time, Reps, Volume, Guide Sounds on/off, Tempo, Difficulty, SRO setting, Burst Threshold, Training Visuals);
- List at least 3 areas of impact by the IM Fall Risk Reduction program that are in within the scope of Speech-Language Pathology practice and explain how this approach differs from that currently being deployed in healthcare settings;
- Name at least 3 evidence-based tools for fall risk assessment that may be administered by the Speech-Language Pathologist.

*Note: This course covers information that pertains to licensed therapists and therapy assistants. SLPA professionals must practice IM under the supervision of a licensed SLP.

Agenda:

Start Time	End Time	Total Time	Description
9:00 am EST	**10:30 am EST**	**1 hour & 30 minutes**	**Speaker Introduction & Disclosures** **IM Fundamentals (Discussion & Lab):** • **Brief review: nuts and bolts of IM hardware and software** • **What is IM actually measuring?** **Candidacy:** • **Which of my patients will benefit from IM?** • **What about low-functioning patients?** **IM Assessment (Discussion & Lab):** • **Administration of the assessment** • **Interpretation of IM scores (ms)** • **Relating IM scores (ms) to function**
10:30 am EST	*10:45 am EST*	*15 minutes*	*Break*
10:45 am EST	**12:30 pm EST**	**1 hour & 45 mins**	IM **Treatment:** • **How do I get started? Using IM assessment scores to establish initial treatment settings and your approach.** • **What are some considerations for my practice setting?** • **Individualizing IM treatment to develop basic timing skills: When do I adjust IM settings? (Discussion & Lab)** ○ **Reps/Time** ○ **Guide Sounds ON/OFF** ○ **Tempo** ○ **Difficulty** ○ **SRO** ○ **Burst Threshold** ○ **Training Visuals**
12:30 pm EST	*01:00 pm EST*	*30 minutes*	*Lunch Break*
01:00 pm EST	**02:30 pm EST**	**1 hour & 30 minutes**	**IM Treatment (Discussion & Lab):** • **Advancing to IM Games for engagement & acceleration of outcomes**

			• **Moving from basic IM exercises to working on specific skills** • **Factors that impact patient performance & troubleshooting: Finding the just-right challenge** **Factors That Influence Outcomes:** • **Ideal time to spend on IM each session and sessions per week** • **Consistency pays off** • **What outcomes should I expect to see?**
02:30 pm EST	*02:45 pm EST*	*15 minutes*	*Break*
02:45 pm EST	**03:00 pm EST**	**15 minutes**	**Documentation & Billing:** • **How do I document IM assessment and treatment?** • **Key considerations and terminology for writing IM goals that are measurable and document skilled care** • **Sample goals for SLP, OT, and PT** • **How do I bill appropriately for my services when I include IM in my assessment and treatment plan?**
03:00 pm EST	**04:30 pm EST**	**I hour & 30 minutes**	**Case Illustration** **Fall Risk Reduction (Discussion & Lab):** • **Why do patients fall?** • **Why do current approaches to fall risk reduction fall short?** • **IM Fall Risk Reduction Program Overview: Make a real difference!**
04:30 pm EST	**05:00 pm EST**	**30 minutes**	**Q & A, Post-Test & Evaluation**
		Total Live Course Time	**8 hours**
		Contact hours	**7 hours (EXCLUDES BREAKS)**

Dates/Locations*

Date	Location
3/2/23	Virtual Live (Interactive), Course Open To All Locations
11/2/24	Virtual Live (Interactive), Course Open To All Locations

***Additional dates may be scheduled. Check www.interactivemetronome.com for most up to date schedule.**

Instructional Methods:

LECTURE, PPT, DEMONSTRATION, CASE STUDY, LABS WITH HANDS-ON PRACTICE

Instructor:

Dara Coburn, MS, CCC-SLP received her undergraduate and masters degree from the University of Central Arkansas and holds the Certificate of Clinical Competence issued by the American Speech-Language-Hearing Association. Dara served as the National Program Champion for Interactive Metronome within the Encompass Health Corporation. She currently serves as Interactive Metronome's Clinical Support contact person for Encompass Health. Dara has been teaching IM Certification Courses since 2007 and has contributed to the development of the Adult Best Practice Certification Course, Fall Prevention Protocol and Interactive Metronome's Virtual Certification Course. With expertise and experience in the field of neurological disorders, Dara has been able to accept this new treatment tool and successfully integrate it into her practice by modifying it to individually meet her patient's needs.
Instructor Financial Disclosure(s): Dara 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 educational offerings 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. Dara 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. Dara provides clinical consultation to IM providers and receives a consulting fee from Interactive Metronome, Inc for these extended educational services. Dara does not sell or receive compensation for the sale of Interactive Metronome products.
Instructor Nonfinancial Disclosure(s): Dara does not have any relevant nonfinancial relationships to disclose.

Course Content Disclosure:

The Interactive Metronome, Inc. has developed and patented a licensed technology trademarked as the Interactive Metronome®. (U.S. Patents #4,919,030; #5,529,498; #5,743,744; #6,719,690; #9,747,880 other U.S. and foreign patents pending). Interactive Metronome, Inc. is the sole source of the following products: Interactive Metronome®, Gait Mate® and IM Home®. Because there are no other like-kind products available, course offerings will only cover information that pertains to the effective and safe use of the above-named products. The purpose of this course is solely to educate participants who are already IM-Certified regarding the clinical application of Interactive Metronome in adult rehabilitation and is not intended to promote the Interactive Metronome business/product in any way. Participation in this course does require the Interactive Metronome equipment to complete labs and may only be purchased exclusively through the Interactive Metronome, Inc. Participants that wish to take this course and do not have the Interactive Metronome equipment may request loaner equipment for the purpose of taking this course. Please speak to your representative.

Course Origination Date*: 1/29/2022*
*This course is updated annually with information pertaining to the most current hardware/software, research & clinical/academic applications.

Contact Hours/CEUs:

- 0.7 ASHA (7 contact hours)
- 0.7 AOTA/ 8.75 NBCOT PDUs (7 contact hours)
- PTs & PTAs: **Approvals for 2026:** AL (0.7 CEUs – preapproval not required), CO (0.7 CEUs – preapproval not required), IA (0.7 CEUs – preapproval not required), ME (0.7 CEUs – preapproval not required), MT (0.7 CEUs – preapproval not required), NC (0.7 CEUs – preapproval not required), ND (0.7 CEUs – preapproval not required), SD (0.7 CEUs – preapproval not required), WA (0.7 CEUs – preapproval not required), WY (0.7 CEUs – preapproval not required).

  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. This is not a co-sponsored or cooperative course offering. Interactive Metronome, Inc. is the organization responsible for creating the content & awarding AOTA CEUs.

ASHA CE APPROVED PROVIDER

Interactive Metronome

Intermediate Level

0.7 ASHA CEUs

Effective July 1, 2011, individuals must meet at least one of the following conditions in order to be eligible to earn ASHA CEUs.

- ASHA Member (includes Life member and International affiliates)
- ASHA Certificate of Clinical Competence (CCC) Holder
- Licensed by a state or provincial regulatory agency to practice speech-language pathology (SLP) or audiology
- Credentialed by a state regulatory agency to practice SLP or audiology
- Credentialed by a national regulatory agency to practice SLP or audiology
- Currently enrolled in a masters or doctoral program in SLP or audiology

AOTA American Occupational Therapy Association Approved Provider

Interactive Metronome is an AOTA Approved Provider of professional development. PD activity approval ID# 03474. This distance learning – interactive course is offered at 0.7 CEUs, intermediate, OT Service Delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA or indicate AOTA approval of a certification or other professional recognition.