Object Card Protocols

Sequencing

Basic:
Place 3–5 object cards in front of the patient. Ask the patient to arrange the objects in a logical order while maintaining synchronization with the IM beat. Example: *coffee → mug → drink* or *shoes → bike → helmet* depending on the scenario.

Advanced:
Increase the number of cards and require the patient to explain the sequence verbally while maintaining synchronization. Alternatively, have the patient reorder the sequence after you shuffle the cards.

Functional Use

Basic:
Show the patient an object card and ask them to state its primary use while maintaining synchronization with the IM beat.
Example:
Hammer → used for pounding nails.

Advanced:
Ask the patient to generate **multiple uses** for the same object while maintaining synchronicity.
Example:
Hammer → pounding nails, removing nails, breaking objects.

You may also introduce **less obvious uses** to increase cognitive flexibility.

Category Sorting

Basic:
Provide a set of object cards and ask the patient to group them into categories while maintaining synchronization with the beat.

Example categories:

- Animals
- Food
- Tools
- Transportation
- Weather/Nature

Advanced:
Increase the number of cards and allow the patient to **generate their own categories**.
Example: objects that are **used outdoors**, **found in a kitchen**, or **require electricity**.

Description

Basic:
Show the patient an object card and have them describe the object using **two attributes** while maintaining synchronization.

Examples:

- color
- size
- texture
- function

Advanced:
Have the patient describe the object without naming it while the clinician attempts to guess the object.

Example:
"It is round, cold, and used to cool drinks."

Similarities and Differences

Basic:
Present two object cards and ask the patient to identify **one similarity or difference** while maintaining synchronization.

Example:
Cat vs Dog → both are animals.

Advanced:
Ask the patient to identify **multiple similarities and differences** between the objects or explain how the objects are used differently.

Association

Basic:
Show an object card and ask the patient to state the first item they associate with it while maintaining synchronization.

Example:

- *Coffee → mug*
- *Bike → helmet*

Advanced:
Ask the patient to create a **short sentence or scenario** involving the object.

Example:
"I ride my bike to the park."

Odd-One-Out

Basic:
Present 3 object cards and ask the patient to identify which item does not belong while maintaining synchronization.

Example:

- *Cat – Dog – Pizza → Pizza does not belong.*

Advanced:
Increase the number of cards and ask the patient to **explain their reasoning**.

Rapid Naming

Basic:
Lay out multiple object cards and have the patient name each object as quickly as possible while maintaining synchronization with the beat.

Advanced:
Add **rules** such as:

- name only animals
- name only foods
- skip certain objects

This increases cognitive control demands.

Story Generation

Basic:
Present 2–3 object cards and ask the patient to create a **short sentence** that includes all items while maintaining synchronization.

Example:
"The cat climbed the tree."

Advanced:
Use 4–5 object cards and ask the patient to create a **short story** involving all items.