



Let us help get you started with  
**Interactive Metronome**  
*for Adults*



## What is Interactive Metronome?

The Interactive Metronome® (IM) is a therapeutic assessment and training program that improves attention, concentration, motor planning, and sequencing. Improvements in those areas result in stronger motor control and coordination, enhanced balance and gait, and improved language and cognition.



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## Who can benefit?

Children with motor and sensory disorders, learning deficits, speech and language delays, and various cognitive and physical difficulties can benefit from IM.

- Traumatic Brain Injury (TBI)
- Cerebral Vascular Accident (CVA)
- Parkinson's Disease
- Balance Disorders
- Limb Amputation
- Multiple Sclerosis (MS)
- Incomplete Spinal Cord Injury
- Functional Decline
- Developmental Disorders
- Low Endurance and Stamina

For more information, visit  
[www.resourcecenter.org](http://www.resourcecenter.org)  
[www.interactivemetronome.com](http://www.interactivemetronome.com)

**Achieve the Best Outcomes  
in a Short Period of Time**



## How Does IM Work?

IM provides a structured, goal-oriented program that challenges the patient to synchronize a range of whole body exercises to a precise computer-generated beat. The patient attempts to match the rhythmic beat with repetitive motor movements. IM's game-like features engage the patients with auditory and visual guidance and provide real-time feedback while encouraging them to improve their scores.

## Benefits

IM integrates sight, sound, and physical movements to improve:

**Working Memory:** The ability to store information and ideas. Memory is essential for word recognition, comprehension of complex sentences, and remembering instructions.

**Attention:** The ability to focus on information, tasks, and ignore distractions.

**Processing:** The rate at which the patient is able to accurately perceive and manipulate information.

**Sequencing:** The placing of detailed information in its accustomed order, for example: days of the week, scheduling appointments, or baking cookies.

**Motor Coordination:** The combination of purposeful body movements working together, as in getting dressed, exercising, or writing.

## Clinical Results

### Alzheimer's

Cathy, a 67-year-old diagnosed with Alzheimer's Disease suffered from signs of dementia, decreased motor tone, decreased mobility, and depression. When she began therapy using IM she had trouble performing heel exercises and her timing scores were below average. After using IM she reported increased memory (enough to navigate the grocery store and manage a personal computer), improved gait, and an improved sense of overall confidence and well-being.

### Parkinson's

Don, an 81-year-old with Parkinson's Disease, struggled initiating his mobility, which resulted in difficulty transferring, walking, performing activities of daily living (ADLs), and hobbies including bowling and golf. He was seen for 12 therapy sessions and IM was used during each session. He reported feeling like his walking has significantly improved with less freezing episodes, and he has returned to bowling, golfing, and is participating in group exercise classes. He now ambulates without any assistive device.

### Spinal Cord Injury

Charlie, a 32-year-old with paraparesis used IM during rehabilitation after demonstrating significant impairments with hip and ankle equilibrium reactions. Prior to IM, his heels were not able to touch the floor during ambulation and he could only tolerate the treadmill for 2 minutes at 0.5 mps. A total of 19 IM training sessions were conducted. After training, he was able to sit, then stand, independently, walk on a treadmill for over 30 minutes at 1.2 mps and ambulate 130 feet with only minimal contact-guard assistance.

## Case Studies

### Cerebral Vascular Accident (CVA)

Alan, a 46-year-old mortgage manager sustained a CVA and presented with severe dizziness with head and eye movement, mild problem solving difficulties, and loss of balance. After 11 therapy sessions using IM, Alan performed all advanced balance skills with improved coordination. His dizziness decreased to 20% of the time, and was independent with executive level problem solving skills.

### Amputee

At age 35, Brenda underwent a below the knee amputation. Four months after surgery, Brenda still experienced pain when trying to walk and still had not regained independent balance. IM was introduced as part of her therapy and after only 3 therapy sessions, Brenda was able to demonstrate independent balance. The improvements continued and she walked smoothly on her own for the first time. Before she knew it she was able to jog. In December 2003, Brenda crossed the finish line of the Disney Marathon; an amazing feat for anyone, let alone an amputee.

## IM Home

IM-Home was developed so that IM Providers could help their patients get the benefits of the Interactive Metronome even when they aren't in the clinic. Providers assign and manage an individualized training plan for their patient through an online therapy management tool called the IM-Home eClinic. The training plan guides the patient to perform specific IM exercises. When the training session is complete the results are uploaded to the eClinic. Providers can view the results and make and modifications needed. Any changes are downloaded for the patient's next session. Talk to your provider to see if you are a candidate for IM-Home.



Interactive Metronome is part of the TRC STARS Healthcare Plan, designed to support all aspects of your life.