



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



## 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.



### TRC Health Services

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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.

- SPD/SI
- ADHD
- Dyslexia
- Stuttering
- Aperger's
- Autism
- CAPD
- NVLD
- CP

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.

## Case Studies

### ADHD

TJ is a seven-year-old diagnosed with ADHD. TJ had difficulties in sustaining attention, sitting still, and completing tasks. He avoided and even resisted activities that presented new motor challenges. After fifteen sessions of IM, TJ's parents reported that the most significant changes were in his ability to interact with this neighborhood peers. He continued to try new motor activities with less resistance and frustration and now even roller blades! According to his parents, "The physical changes have stuck. He is more interactive and self-confident too."

### Sensory Integration

Emma is a nine-year-old diagnosed with sensory integration dysfunction. She had problems paying attention in class, following directions, decreased coordination, and difficulty tolerating different clothing fabrics. After seventeen IM sessions, Emma demonstrated better attention during classroom activities and completing her work on time.

### Stuttering

William was a six-year-old who was on the severe end of the stuttering curve. He liked to talk, but was becoming increasingly frustrated. As he got older, his stuttering continued to become more severe. An initial evaluation of William's speech revealed that he presented with eighty-three percent Stutter-Like Disfluency (SLD) in a sample of three-hundred words. William used IM-Home fifteen to twenty minutes per day for five to seven time each week. After seven months, he only demonstrated three SLD of whole-word repetitions. He no longer presented with what is clinically defined as stuttering, and has maintained these results without further use of IM.

## Clinical Results

### ADHD Study

A double-blind, placebo-controlled study of 9-12 year old boys diagnosed with ADHD found those who completed the IM program showed statistically significant improvement in attention, coordination, control of aggression/impulsivity, reading, and language processing. (Greenspan, Shaffer, Tuchman, Stemmer, Jacokes. (2001). *Effect of Interactive Metronome rhythmicity training on children with ADHD. American Journal of Occupational Therapy, 55(2), 155-162.*)

### Reading Study

A study published in the journal *Psychology in Schools* showed that children completing a training program with Interactive Metronome achieved accelerated reading outcomes. A gain of 7-20% in reading achievement was shown in the 49 children whose reading and pre-reading skills were pre and post-tested. (McGrew, Taub, Keith, (2007). *Improvements in interval time tracking and effects on reading achievement. University of Central Florida, Institute for Applied Psychometrics, University of Texas. Psychology in the Schools, 44(8), 849-863.*)

## 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 your child is able to accurately perceive and manipulate information.

**Sequencing:** The placing of detailed information in its accustomed order, for example: days of the week, the alphabet, or long division.

**Motor Coordination:** The combination of purposeful body movements working together, as in tying a shoe, hand writing, or riding a bicycle.

## 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 your child is a candidate for IM-Home.



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