

**IM
Training
has shown
to
improve
the following areas:**



Focus / Attention



**Control of Aggression
or Impulsivity**



Overall Coordination



Motor Planning



**Reading & Language
Processing**

“The Interactive Metronome provides a long needed and important educational and learning approach to improve a number of critical foundations in the learning process.”

Stanley I. Greenspan, MD
Chairman IM Scientific Advisory Board

“The Interactive Metronome is spectacularly helpful. It is one of the most promising developments with non-medication of ADHD that has come along in a long while. This is really valid, extremely helpful non- medication (intervention) not only for ADHD but for mental functioning in general.

Edward Hallowell, MD
author of *Driven to Distraction*
and a learning clinician/speaker on ADHD.



Information and Design:
MMPT & IM

Interactive Metronome

with
Melanie Massey Physical Therapy



A world of rhythm & timing

Rhythm & Timing

Interactive Metronome (IM)

A computer based interactive program based on the traditional music metronome. Sensors that are activated with the hands and feet are used to provide an objective measure of a persons ability to create specific, repetitive movements while maintaining a constant rhythm. The responses are recorded and measured in how many milliseconds before and after the beat that they occur. The program contains 13 different exercise patterns to address motor planning skills. This requires the person to maintain an optimal attention level for an extended period of time.



What type of diagnosis has the IM proven to be effective in treating:

- Attention Deficit Disorder (ADD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Sensory Integration Disorder (DSI)
- Traumatic Brain Injury (TBI)
- Pervasive Developmental Disorder (PDD)
- Autism
- Cerebral Palsy (CP)
- Academics (Reading/Language Processing)
- Athletics (overall coordination)

IM Research Studies

ADHD Study: A double-blind, placebo study of 9-12 year old boys diagnosed with ADHD, found that those undergoing IM training showed significant patterns of improvement in attention, coordination, control of aggression/impulsivity, reading and language processing.

Motor Control Study: A comparison of IM trained special education students to a control group found the IM trained group improved significantly in both motor control and motor coordination as measured by independent tests (Bruininks-Oseretsky and SIPT Motor Accuracy).

