

## Interactive Metronome®

Interactive Metronome® (IM) is a neuro-motor assessment and treatment tool that combines the concept of a musical metronome with a patented technology program that accurately measures, assesses and improves motor planning, sequencing, rhythm, and timing. It is the only program that uses a patented auditory guidance system plus interactive exercises to improve the foundational skills essential for learning and development.

The IM program “trains the brain” to plan, sequence and process information more effectively through repetition of interactive exercises. Thirteen different hand and foot exercises are performed while auditory guide tones direct the individual to match the metronome beat. The program consists of 15 one-hour sessions which can be completed in just 3 to 5 weeks.

Over the course of the treatment, children learn to:

- Focus and attend for longer periods of time
- Increase physical endurance and stamina
- Filter out internal and external distractions
- Improve ability to monitor mental and physical actions as they are occurring
- Progressively improve coordinated performance.

The IM program has been shown to produce significant results in children and adults with a wide range of physical, developmental, and cognitive difficulties including sensory integration disorders, autism spectrum disorders, non-verbal learning disorders, and ADHD. IM has been shown to improve:

- Attention & Concentration
- Balance and Gait
- Language Processing
- Motor Planning & Sequencing
- Endurance
- Strength
- Behavior (Aggression & Impulsivity)
- Motor Skills
- Coordination

Ongoing studies continue to validate correlations between Interactive Metronome® and academic achievement in mathematics, language, reading and attention to task. The IM program has also proven to be a powerful tool for improving both the physical and mental aspects of athletic performance.

For more information about this type of therapeutic intervention and how it may benefit your child, we invite you to contact the Occupational Therapy Department at the Kaufman Children's Center by phone at (248) 737-3430, via e-mail at [jessicah@kidspeech.com](mailto:jessicah@kidspeech.com), or visit our website at [kidspeech.com](http://kidspeech.com).