



Independent assessment & therapy services for children & adolescents

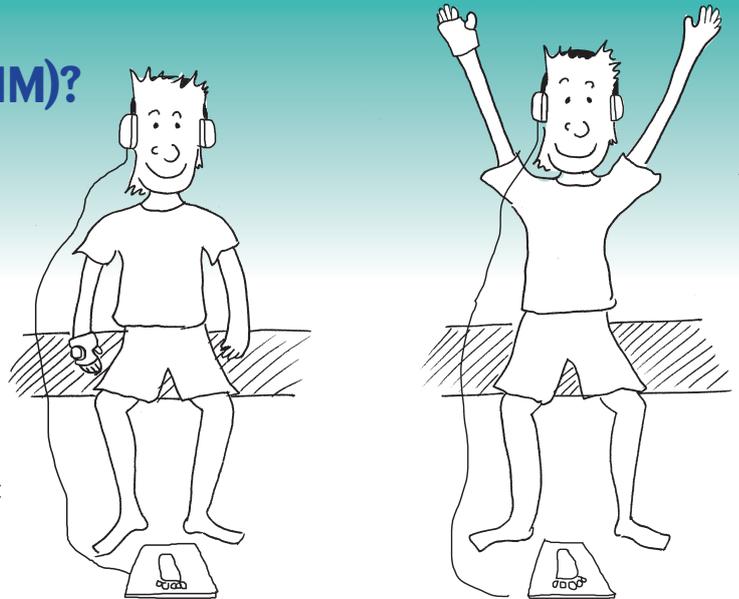
Interactive Metronome®

Synchronising a range of whole body exercises to a precise computer-generated beat

What is Interactive Metronome® (IM)?

The Interactive Metronome® is a therapeutic assessment and training programme that improves attention, concentration, motor planning and sequencing. Improvements in these areas result in stronger motor control and co-ordination, enhanced balance and gait, and improved language and cognition.

Interactive Metronome is a computer-based program that individuals can do at home or in a clinic or in the school setting. The programme which filters computer-generated beats through headphones, challenges the individual to synchronise repetitive hand and foot exercises that are measured through hand and foot sensors.



How does Interactive Metronome® work?

The Interactive Metronome® provides a structured, goal-oriented programme that challenges the child to synchronise a range of whole body exercises to a precise computer-generated beat. The child attempts to match the rhythmic beat with repetitive motor movements. IM's game-like features engage the child with auditory and visual guidance and provide real-time feedback while encouraging him/her to improve their scores.

The sensors record, in milliseconds, the difference between the metronome beat and the individual's response.

The goal is for the individual to match the rhythmic beat or to lower the amount of time between the beat and the response.

THERAPY IN PRAXIS LIMITED

The Old Stables & Granary, Barnby Farm, Bossall, York, North Yorkshire YO60 7NS
Tel: 01904 468855 Email: info@tipltd.co.uk Website: www.therapyinpraxis.co.uk



What are the benefits of Interactive Metronome®?

The Interactive Metronome® 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 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, months of the year, alphabet etc

Motor Co-ordination

- The combination of purposeful body movements working together, as in tying a shoe lace, handwriting or riding a bicycle

Who can benefit from Interactive Metronome®?

The Interactive Metronome® can benefit children with motor and sensory disorders, learning deficits, speech and language delays and various cognitive and physical difficulties.



Stanley Greenspan, chairman of the Interactive Metronome, Inc. Scientific Advisory Committee and a nationally prominent child psychiatrist, says the therapy "improves motor planning and sequencing so that children can carry out a multi-step process. As timing improves, sequencing improves."

Greenspan says that Interactive Metronome has been shown to improve motor skills and attention span as well as increase coordination. The therapy teaches the individual to focus and attend for longer periods of time, increase physical endurance and stamina, filter out internal and external distractions and improve ability to monitor mental and physical actions as they are occurring.

- Sensory Processing Dysfunction / Sensory Integration Difficulties [SPD/SI]
- Attention Deficit Disorder / Attention Deficit Hyperactivity Disorder [ADD/ADHD]
- Dyslexia and specific learning difficulties
- Stammering & stuttering
- Asperger & autism related disorders
- Central auditory processing difficulties [CAPD]
- Non- verbal learning difficulties
- Cerebral Palsy

What does therapy consist of in an Interactive Metronome® programme?

Therapy typically consists of 10 - 15 one-hour sessions and spans a three- to five-week period. For those who need extra help, or for those who have specific goals, we provide customised programs that include one-on-one guidance from our IM Provider at an additional per-hour cost.

Throughout the therapy, the program progressively challenges individuals to improve their response time and accuracy.

Interactive Metronome, Inc.,
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