

INTERACTIVE METRONOME

Interactive Metronome is a neuro-motor feedback program that adds measures and trains precise timing to human performance.

I.M. rapidly achieves improvements in the following:

- Maths
- Reading and comprehension
- Language Processing
- Logical sequencing
- Musicality

How does I.M. work?

The IM program provides a structured, goal-oriented training process that challenges the client to precisely match a computer generated beat/tone. The IM program “trains the brain” to plan, sequence and process information more effectively through repetition of interactive exercises.

This evidence based program plots the trainee’s exact progress from session to session. Participants are instructed to synchronize various hand and foot exercises to a reference tone heard through headphones.

The trainee attempts to match the rhythmic beat with repetitive motor actions such as tapping his/her toes on a floor sensor mat or hand clapping while wearing an IM glove with palm trigger. Thirteen different hand and foot exercises are performed while auditory guide tones direct the individual to match the beat.

A patented audio and visual guidance system provides immediate feedback. The difference between the performance and the computer generated beat is measured in milliseconds. The score provided indicates timing accuracy.

I.M. trains focus and attention, filtering of distractions, motor planning and sequencing. This in turn strengthens motor skills including mobility, gross and fine motor function, and many fundamental cognitive capacities such as planning, organizing, and language. Upon completion of the IM program (aprox. 35 000 repetitions) most trainees find it easier to learn new complex cognitive and physical tasks. The program consists of 12 or 15 one hour sessions which can be completed in 3 to 5 weeks.

Benefits:

More than a decade of clinical research and case studies on IM demonstrates that gains in motor planning, rhythmicity, timing and sequencing lead to improvements in.

- Attention, Concentration and Focus
- Regulation in Behaviour...Impulsivity
- Fine/Gross Motor Skills
- Motor control and coordination
- Reading and Math
- Language Processing 3
- Balance & Gait
- Strength & Endurance
- Coordination.

Extra Benefits:

Timing and Rhythm
Instinctive movement and sequencing
Balance and Coordination
Focus and concentration
Filtering distractions

Who Can Benefit?

Anybody diagnosed with

Concentration challenges [ADD/ADHD]

PDD

Learning disabilities

Aspergers Syndrome

Traumatic Brain Injuries

Parkinson's Disease

Language Deficits

Poor organizational skills, poor memory

Do you need planning and organisational skills, logical sequencing?

Is Maintenance necessary after completing the IM program?

Case studies monitored over past 5 to 6 years indicate that lasting effects may be obtained after an individual completes the IM program. Patients tested 6 and 12 months post training showed nearly identical performance on the IM as achieved during the training process. Further long-term effect studies are underway.

I.M. training has expedited our clients' transition from below average to superior performance by adding precise timing to the neuro-system. Once installed in the Neuro-paths the timing never leaves, it's like riding a bicycle you don't ever forget. We apply I.M. in conjunction with traditional multidisciplinary training to adults and children.

According to research by Dr C Cason Ph.D. Education

IM can be used to assess and rapidly improve the core brain processes of motor planning, sequencing and timing, which are the cornerstones of reading and math fluency. IM enables children to practice rhythmicity and timing and improve these vital skills.

See published research and other interesting info on the websites.

www.interactivemetronome.com