



The Interactive Metronome at OTA

The Interactive Metronome is an adjunct program to the Sensory Integration services provided at OTA. It is most appropriate for individuals nine years of age through adulthood who have reached a plateau or end in their Sensory Integration services, or who have mild motor coordination difficulties. Other individuals with excellent coordination skills can use the program to attain peak performance in specific sports activities.

The Interactive Metronome (IM) is a computer-based program that uses a patented auditory guidance system plus interactive exercises to improve the foundational neural mechanisms necessary for motor planning, sequencing, and rhythmicity. This involves clapping or tapping triggers in time to the metronome beat. The computer program measures the person's response time in milliseconds and provides auditory feedback as to whether the person's timing is too fast, too slow, or just right in response to the metronome beat.

Functional changes that are seen after completing an Interactive Metronome program are variable with each individual, but most often include improvements in the following areas:

- Timing
- Rhythm
- Sports Skills
- Fluidity in reading and handwriting
- Reciprocal social interactions
- Motor Coordination
- Attention and Impulsivity
- Language Processing

The program begins with an initial screening lasting one and one half-hours and includes a brief written report. The IM screening will determine if the individual is appropriate for the IM training program or not, if they are appropriate but require a home pre-training before doing the program, or if other occupational therapy services will better meet the individual's needs.

The Interactive Metronome program involves three 60-minute sessions a week for six weeks, including a post-test and brief report at the end of the program. Most children require 16-18 sessions, but a few will require as many as 21. After completing the initial program, some individuals will benefit from a second round of IM training at a later date.

Resources:

www.interactivemetronome.com