

Interactive Metronome®

A Revolution in Neurological and Motor Rehabilitation

What is Interactive Metronome?

Interactive Metronome (IM) is a cutting-edge revolution in neurological assessment and treatment tool that is redefining traditional expectations for pediatric and adult therapy outcomes.

IM was developed in the early 1990s and first used to help children with learning and developmental disorders, such as:

- Sensory Integration Disorder
- Auditory Processing
- Autism Spectrum Disorder
- Cerebral Palsy
- Non-verbal Learning Disorder
- ADD/ADHD



IM was developed to directly improve the processing abilities that affect attention, motor planning and sequencing. This in turn, strengthens motor skills, including fundamental cognitive capacities such as planning, organizing and language. Dr. Stanley I Greenspan, Clinical Professor and Chief of Psychiatry at George Washington Medical School, serves as the Chairman of the Interactive Metronome Scientific Advisory Board.

Benefits of Interactive Metronome

- Attention & Concentration
- Motor Planning & Sequencing
- Language Processing
- Academic Performance
- Behavior (Aggression & Impulsivity)
- Balance and Gait
- Endurance
- Strength
- Motor Skills
- Coordination
- Increases cognitive learning
- Builds confidence
- Improves sensory regulation

How Does IM Work?

- Research-based, double-blind placebo-controlled study
- Structured, goal-oriented training process that challenges the patient to precisely match a computer generated beat.
- Participants are instructed to synchronize various hand and foot exercises to a reference tone heard through headphones or speakers.
- Child attempts to match the 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.
- Patented audio or audio and visual guidance system provides immediate feedback.
- Performance is measured in milliseconds.
- Score provides indications of timing accuracy.

How to Get Started with IM

- Contact SPEECH PATHways at 410-374-0555 or www.speechpathways.net to schedule and assessment to begin the program.
- For more information on Interactive Metronome and the scientific research behind the programs visit www.interactivemetronome.com.

About SPEECH PATHways

SPEECH PATHways is the only comprehensive pediatric speech-language pathology clinic in Carroll County, Maryland, offering services since 1999. Owner Kimberly A. Bell, M.S., CCC-SLP, has been a speech and language pathologist for over ten years. She and her associates offer a wide variety of specialized pediatric programs in addition to traditional speech and language services. Each SPEECH PATHways therapist holds a master's degree and a Certificate of Clinical Competence from the American Speech-Language-Hearing Association; each is also trained or certified in various specialty treatments and techniques. SPEECH PATHways strives to be on the cutting edge of pediatric intervention. Because of the specialty services offered, clients travel from Pennsylvania, Virginia, West Virginia and the Washington, DC, area to the SPEECH PATHways clinic.